

Good Word Glad

Push up and Scripture Challenge

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	Day 1 Standard Push Up Phillippians 4:13	Day 2 Tricep Push Up Isaiah 40:29	Day 3 Wide Push Up Psalm 18:1-2	Day 4 Star Push Up Psalm 28:7-8	Day 5 Diamond Push Up Habakkuk 3:19	Day 6 Staggard Hand Push Up Mark 12:30
Day 7 Lowered Elbow Push Up Hebrews 4:12	Day 8 Negative Push Up 2 Thessalonians 3:3	Day 9 3-Count Tricep Push Up Ecclesiastes 4:12	Day 10 3-Count Wide Push Up Isaiah 40:31	Day 11 Tricep Dip Push Up 2 Corinthians 12:9-10	Day 12 Double Knee-in Push Up Psalm 46:1	Day 13 Shoulder Tap Push Up Jeremiah 32:17
Day 14 Incline Push Up Nehemiah 8:10	Day 15 Decline Push Up Isaiah 35:4	Day 16 Twisted Feet Push Up Ephesians 3:16	Day 17 Standing Split Push Up Isaiah 12:2	Day 18 Balanced Knee Tricep Push Up Psalm 119:28	Day 19 3-Across Push Up Zechariah 10:12	Day 20 Crisscross Push Up Colossians 2:9-10
Day 21 Raised Arm Tricep Push Up Psalm 118:14	Day 22 Arabesque Push Up Isaiah 33:2	Day 23 Down Dog Tricep Push Up Psalm 22:19	Day 24 Toe-touch Push Up 2 Timothy 1:7	Day 25 Reverse Arabesque Tricep Push Up I Chronicles 16:11	Day 26 Diamond Twist-up Push Up I Corinthians 16:13	Day 27 Star to Tricep Push Up Psalm 29:11
Day 28 Spiderman Push Up Psalm 73:26	Day 29 Knee Pull-through Push Up Isaiah 41:10	Day 30 Burpee Push Up Ephesians 6:10	Congratulations! You did it!			