



fit3™

November 2018 – 500 Pushups

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10 Pushups Reliv Shake	2 10 Pushups Reliv Shake	3 10 Pushups Reliv Shake
4 Reliv Shake	5 15 Pushups Reliv Shake	6 15 Pushups Reliv Shake	7 15 Pushups Reliv Shake	8 15 Pushups Reliv Shake	9 15 Pushups Reliv Shake	10 15 Pushups Reliv Shake
11 Reliv Shake	12 20 Pushups Reliv Shake	13 20 Pushups Reliv Shake	14 20 Pushups Reliv Shake	15 20 Pushups Reliv Shake	16 20 Pushups Reliv Shake	17 20 Pushups Reliv Shake
18 Reliv Shake	19 25 Pushups Reliv Shake	20 25 Pushups Reliv Shake	21 25 Pushups Reliv Shake	22 Happy Thanksgiving Reliv Shake	23 25 Pushups Reliv Shake	24 25 Pushups Reliv Shake
25 Reliv Shake	26 30 Pushups Reliv Shake	27 30 Pushups Reliv Shake	28 30 Pushups Reliv Shake	29 30 Pushups Reliv Shake	30 30 Pushups Reliv Shake	

- Pushups may be done in multiple sets to complete the daily total
- Select a modification that is challenging, but can be completed with proper form. Pushup modifications can be found at: <https://www.darebee.com/pushups-guide.html>