



Push-Ups

- Beginner Goal - 3 sets of 5
- Intermediate Goal - 3 sets of 10
- Advanced Goal - 3 sets of 20

| Date | # of push-ups | Date | # of push-ups | Date | # of push-ups |
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V-Ups

- Beginner Goal - 2 sets of 5
- Intermediate Goal - 2 sets of 10
- Advanced Goal - 3 sets of 10

| Date | # of v-ups | Date | # of v-ups | Date | # of v-ups |
|------|------------|------|------------|------|------------|
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