



LauraLynn

IRELAND'S CHILDREN'S HOSPICE

100 PRESS UPS A DAY IN NOVEMBER

Challenge Tracker

day 1:	day 2:	day 3:	day 4:	day 5:	day 6:
☐	☐	☐	☐	☐	☐
day 7:	day 8:	day 9:	day 10:	day 11:	day 12:
☐	☐	☐	☐	☐	☐
day 13:	day 14:	day 15:	day 16:	day 17:	day 18:
☐	☐	☐	☐	☐	☐
day 19:	day 20:	day 21:	day 22:	day 23:	day 24:
☐	☐	☐	☐	☐	☐
day 25:	day 26:	day 27:	day 28:	day 29:	day 30:
☐	☐	☐	☐	☐	☐

TOTAL:

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#TEAMLALYNN

