

30-Day

Burpee or Pushup Challenge

Kelly Schmidt
WELLNESS

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------|----------------------------------|---|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| ■ 30 Burpees OR 30 Pushups | ■ 30 Burpees OR 30 Pushups | ■ 30 Burpees OR 30 Pushups | ■ 30 Burpees OR 30 Pushups | ■ 30 Burpees OR 30 Pushups | ■ 30 Burpees OR 30 Pushups | ■ 30 Burpees OR 30 Pushups |
| ■ 30 Burpees OR 30 Pushups | ■ 30 Burpees OR 30 Pushups | ■ 30 Burpees OR 30 Pushups | ■ 30 Burpees OR 30 Pushups | ■ 30 Burpees OR 30 Pushups | ■ 30 Burpees OR 30 Pushups | ■ 30 Burpees OR 30 Pushups |
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| ■ 30 Burpees OR 30 Pushups | ■ 30 Burpees OR 30 Pushups | ■ 30 Burpees OR 30 Pushups | ■ 30 Burpees OR 30 Pushups | ■ 30 Burpees OR 30 Pushups | ■ 30 Burpees OR 30 Pushups | ■ 30 Burpees OR 30 Pushups |
| ■ 30 Burpees OR 30 Pushups | ■ 30 Burpees OR 30 Pushups | "You must do the things you think you cannot." - Eleanor Roosevelt. | | | | |

Learn more about Kel's monthly membership.

<https://www.kellyschmidtwellness.com/new-ksw-membership/>