

## 2016 Timer's Pushup Challenge

Timing races is physically demanding with some of the equipment being fairly heavy. I decided to embark on a pushup regiment to regain my upper body strength I had as a child. I came up with system where I do five reps of pushups in an hour.

Why pushups? Well, it's a fairly easy way to increase upper body strength and is a body weight exercise giving an incentive to lower body weight to make them easier. And I used to be able to do 100 pushups in a row when I was very young. Plus you can do them anywhere.

On Jan 2, 2016 I discovered the 100 pushup challenge on YouTube so I tried it. 100 pushups in 7:04. I did it again a few weeks later in 6:25. I'm pretty sure that is a time that I will soon be able to lower significantly. Those efforts are just listed as 100 in a certain time.

My original goal was to do 50,000 pushups in 2016. But since I'm turning 60 this year I've changed it to a 60,000 pushup goal.

### Daily Statistic

### Yearly Statistics

Date	Rep 1	Rep 2	Rep 3	Rep 4	Rep 5	Total	!= PR	Day	Total	Average/ Day	Est. Total for year
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The Warm-up

11/6/2015	10	10				20		1			
11/7/2015	10					10		2			
11/8/2015	10	10				20		3			
11/9/2015	10	8				18		4			
11/10/2015	10					10		5			
11/11/2015	10	15	10			35		6			
11/12/2015	10	10	10			30		7			
11/13/2015	10	10				20		8			
11/14/2015	15	15	15	10		55		9			
11/15/2015	15	15	15	15		60		10			
11/16/2015	15	15				30		11			
11/17/2015	15	15	15	15	15	75		12			
11/18/2015	15	15	15	10	10	65		13			
11/19/2015	15	15	15	15	10	70		14			
11/20/2015	16					16		15			
11/21/2015	15	14	15	15	16	75		16			
11/22/2015	15	15	15	15	15	75		17			
11/23/2015	15	15	15	15	15	75		18			
11/24/2015	15	15	15	15	15	75		19			
11/25/2015	15	15	15	15	15	75		20			
11/26/2015	15	15	15	15	15	75		21			
11/27/2015	15	15	15	16	16	77		22			
11/28/2015	15	16	16	16	16	79		23			
11/29/2015	15	16	17	17	18	83		24			
11/30/2015	15	16	18	20	20	89		25			
12/1/2015	16	18	18	18	18	88		26			
12/2/2015	18	18	18	18	20	92		27			
12/3/2015	20	20	20	10	1	71		28			
12/4/2015	10					10		29			
12/5/2015	10	10				20		30			
12/6/2015	10	10	10	10		40		31			

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Date	Rep 1	Rep 2	Rep 3	Rep 4	Rep 5	Total	! = PR	Day	Total	Average/ Day	Est. Total for year
12/7/2015	10	10	10	15	10	55		32			
12/8/2015	12	12	12	12	14	62		33			
12/9/2015	12	12	12	15	25	76		34			
12/10/2015	12	12	12	15	20	71		35			
12/11/2015	13	13	13	13	25	77		36			
12/12/2015	15	15	15	20	25	90		37			
12/13/2015	16	17	18	20	25	96		38			
12/14/2015	17	20	20	20	25	102	!	39			
12/15/2015	20					20		40			
12/16/2015	20	20	20	20	25	105	!	41			
12/17/2015	20	20	20	20	25	105	!	42			
12/18/2015	20	20	20			60		43			
12/19/2015	20	20	20	25	25	110	!	44			
12/20/2015	20	20	20	20	30	110	!!	45			
12/21/2015	21	21	21	25	25	113	!	46			
12/22/2015	22	22	23	23	27	117	!	47			
12/23/2015	23	23	24	27	28	125	!	48			
12/24/2015	25	25	25	25	25	125		49			
12/25/2015	25	25	25	25	30	130	!	50			
12/26/2015	25	25	25	25	25	125		51			
12/27/2015	25	25	25	25	25	125		52			
12/28/2015	25	25	25	25	32	132	!!	53			
12/29/2015	25	25	25	25	25	125		54			
12/30/2015	25	25	25	25	30	130		55			
12/31/2015	25	25	25	25	25	125		56			

Start of the 50,000 pushup challenge - which was changed to 60,000.

1/1/2016	25	25	25	25	25	125		1	125	125	45625
1/2/2016	00 in 7:04				25	125	!	2	250	125	45625
1/3/2016	25	25	25	25	30	130		3	380	127	46233
1/4/2016	25	25	25	25	25	125		4	505	126	46081
1/5/2016	25	25	25	25	30	130		5	635	127	46355
1/6/2016	25	25	25	25	25	125		6	760	127	46233
1/7/2016	25	25	25	25	30	130		7	890	127	46407
1/8/2016	25	25	25	25	25	125		8	1015	127	46309
1/9/2016	25	25	25	25	25	125		9	1140	127	46233
1/10/2016	25	25	25	30	33	138	!!	10	1278	128	46647
1/11/2016	25	26	30	30	35	146	!!	11	1424	129	47251
1/12/2016	26	30	30	30	35	151	!	12	1575	131	47906
1/13/2016	25	25	25	25	25	125		13	1700	131	47731
1/14/2016	25	25	25	25	25	125		14	1825	130	47580
1/15/2016	25	25	25	25	25	125		15	1950	130	47450
1/16/2016	25	25	25	25	25	125		16	2075	130	47336
1/17/2016	25	25	25	25	37	137	!	17	2212	130	47493
1/18/2016	25	30	30	30	35	150	!	18	2362	131	47896

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	Rep 1	Rep 2	Rep 3	Rep 4	Rep 5	Total		Day	Total	Average/ Day	Est. Total for year
1/19/2016	25	25	38	35	37	160	!	19	2522	133	48449
1/20/2016	25	25	30	30	30	140		20	2662	133	48582
1/21/2016	25	25	30	30	39	149		21	2811	134	48858
1/22/2016	00 in 6:25				35	135	!	22	2946	134	48877
1/23/2016	30	30	30	30	36	156		23	3102	135	49227
1/24/2016	30	30	30	30	32	152		24	3254	136	49488
1/25/2016	25	25	25	25	30	130		25	3384	135	49406
1/26/2016	25	30	30	30	35	150		26	3534	136	49612
1/27/2016	30	30	30	30	37	157		27	3691	137	49897
1/28/2016	30	30	30	30	38	158		28	3849	137	50174
1/29/2016	30	30	30	30	39	159	!	29	4008	138	50446
1/30/2016	30	28	25	25	30	138		30	4146	138	50443
1/31/2016	30	30	30	30	30	150		31	4296	139	50582
2/1/2016	30	30	30	30	38	158		32	4454	139	50803
2/2/2016	30	30	35	35	40	170	!!	33	4624	140	51144
2/3/2016	30	30	30	30	30	150		34	4774	140	51250
2/4/2016	30	30	30	30	30	150		35	4924	141	51350
2/5/2016	30	33	35	35	37	170		36	5094	142	51648
2/6/2016	25	35	35	35	41	171	!!	37	5265	142	51939
2/7/2016	35	35	35	35	35	175	!	38	5440	143	52253
2/8/2016	35	35	35	35	35	175		39	5615	144	52551
2/9/2016	35	35	35	35	35	175		40	5790	145	52834
2/10/2016	35	35	35	35	35	175		41	5965	145	53103
2/11/2016	35	35	35	35	35	175		42	6140	146	53360
2/12/2016	35	35	35	35	36	176	!	43	6316	147	53613
2/13/2016	35	35	35	35	35	175		44	6491	148	53846
2/14/2016	35	35	35	35	35	175		45	6666	148	54069
2/15/2016	35	35	35	35	35	175		46	6841	149	54282
2/16/2016	35	35	35	35	35	175		47	7016	149	54486
2/17/2016	35	35	35	35	35	175		48	7191	150	54682
2/18/2016	35	35	35	35	35	175		49	7366	150	54869
2/19/2016	35	35	35	35	35	175		50	7541	151	55049
2/20/2016	35	35	35	35	35	175		51	7716	151	55222
2/21/2016	35	35	35	35	35	175		52	7891	152	55389
2/22/2016	35	35	35	35	35	175		53	8066	152	55549
2/23/2016	35	35	35	35	35	175		54	8241	153	55703
2/24/2016	35	35	35	35	44	184	!!	55	8425	153	55911
2/25/2016	35	35	35	35	35	175		56	8600	154	56054
2/26/2016	35	35	35	35	45	185	!!	57	8785	154	56255
2/27/2016	35	35	40	40	40	190	!	58	8975	155	56481
2/28/2016	35	35	35	35	35	175		59	9150	155	56606
2/29/2016	35	35	35	35	35	175		60	9325	155	56727
3/1/2016	35	35	35	35	35	175		61	9500	156	56844
3/2/2016	35	35	35	35	35	175		62	9675	156	56958

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Date	Daily Statistic						!= PR	Yearly Statistics		Est. Total for year	
	Rep 1	Rep 2	Rep 3	Rep 4	Rep 5	Total		Average/ Day	Total		
3/3/2016	35	35	35	35	35	175		63	9850	156	57067
3/4/2016	35	35	35	35	35	175		64	10025	157	57174
3/5/2016	36	36	36	36	36	180		65	10205	157	57305
3/6/2016	36	36	36	36	37	181		66	10386	157	57438
3/7/2016	36	36	36	37	37	182		67	10568	158	57572
3/8/2016	36	36	37	37	37	183		68	10751	158	57708
3/9/2016	36	37	37	37	37	184		69	10935	158	57845
3/10/2016	37	37	37	37	37	185		70	11120	159	57983
3/11/2016	37	37	37	37	47	195	!!	71	11315	159	58169
3/12/2016	38	37	37	37	37	186		72	11501	160	58304
3/13/2016	38	38	37	37	50	200	!!	73	11701	160	58505
3/14/2016	35	35	35	35	50	190		74	11891	161	58652
3/15/2016	38	38	38	38	40	192		75	12083	161	58804
3/16/2016	38	38	39	39	54	208	!!	76	12291	162	59029
3/17/2016	40	40	40	40	40	200		77	12491	162	59211
I looked up the world record for consecutive pushups - 10,507. I'm humbled . . . Again.											
3/18/2016	40	40	40	40	40	200		78	12691	163	59387
3/19/2016	00 in 4:23	40	40	40	40	260	!!	79	12951	164	59837
3/20/2016	40	40	40	40	40	200		80	13151	164	60001
M10-20 - Progressive pushups 10, 11, 12,13, etc every minute. The set I exhaust counts as my 2nd rep.											
3/21/2016	165	13	40	40	51	309	!!	81	13460	166	60653
3/22/2016	40	40	40	40	40	200		82	13660	167	60804
3/23/2016	40	40	40	40	49	209		83	13869	167	60990
3/24/2016	40	40	41	41	41	203		84	14072	168	61146
The world record for pushups in one hour: 3,877 = my last 19 days of pushups.											
3/25/2016	41	42	43	44	45	215		85	14287	168	61350
3/26/2016	42	42	43	44	45	216		86	14503	169	61553
Tried something new to establish a new PR. One set of 10 every minute. I lasted 58 mins. = 580 Then did 15 on the 59th min. and 30 on the last min. The last rep was to complete exhaustion. It was the first pushup routine where I ended in a complete sweat.											
3/27/2016	x10+15+30					625	!	87	15128	174	63468
3/28/2016	35	35	35	35	35	175		88	15303	174	63473
Donated blood today and they told me absolutely no exercise. My attempt to comply:											
3/29/2016	25	25	25	25	25	125		89	15428	173	63272
3/30/2016	45	45	45	45	50	230		90	15658	174	63502
3/31/2016	45	45	45	45	50	230		91	15888	175	63727
4/1/2016	45	45	45	45	45	225		92	16113	175	63927
4/2/2016	35	35	35	35	40	180		93	16293	175	63946
4/3/2016	40	40	40	40	59	219	!	94	16512	176	64116
4/4/2016	40	45	50	50	50	235		95	16747	176	64344
4/5/2016	40	40	40	40	40	200		96	16947	177	64434
4/6/2016	40	40	40	40	40	200		97	17147	177	64522
4/7/2016	40	40	40	40	50	210		98	17357	177	64646
4/8/2016	25	25	25	25	50	150		99	17507	177	64546

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4/9/2016	25	25	25	25	60	160	!	100	17667	177	64485
4/10/2016	59x11+25					674	!	101	18341	182	66282
4/11/2016	40	40	40	40	40	200		102	18541	182	66348
4/12/2016	40	40	40	40	40	200		103	18741	182	66412
4/13/2016	40	40	40	40	40	200		104	18941	182	66476
4/14/2016	40	40	40	40	40	200		105	19141	182	66538
4/15/2016	40	41	42	43	44	210		106	19351	183	66633
4/16/2016	41	42	43	44	50	220		107	19571	183	66761
4/17/2016	42	43	44	45	50	224		108	19795	183	66900
4/18/2016	43	44	45	46	50	228		109	20023	184	67049
4/19/2016	44	45	46	47	50	232		110	20255	184	67210
4/20/2016	40	40	40	40	40	200		111	20455	184	67262
4/21/2016	40	40	40	40	40	200		112	20655	184	67313
4/22/2016	25	30	35	40	45	175		113	20830	184	67283
4/23/2016	50	50	50	50	50	250	!	114	21080	185	67493
4/24/2016	40	45	50	55	57	247		115	21327	185	67690
4/25/2016	40	45	50	55	56	246		116	21573	186	67881
4/26/2016	40	40	40	40	40	200		117	21773	186	67924
4/27/2016	25	25	25	25	40	140		118	21913	186	67782
4/28/2016	25	25	25	25	50	150		119	22063	185	67672
4/29/2016	25	30	35	40	50	180		120	22243	185	67656
4/30/2016	40	40	40	40	50	210		121	22453	186	67730
5/1/2016	40	40	40	45	50	215		122	22668	186	67818
5/2/2016	25	30	35	45	50	185		123	22853	186	67816
5/3/2016	40	40	40	40	50	210		124	23063	186	67887
5/4/2016	40	40	40	40	40	200		125	23263	186	67928
5/5/2016	40	40	40	40	40	200		126	23463	186	67968
5/6/2016	40	40	40	40	50	210		127	23673	186	68037
5/7/2016	40	40	40	45	50	215		128	23888	187	68118
5/8/2016	40	40	40	40	40	200		129	24088	187	68156
5/9/2016	40	40	40	40	40	200		130	24288	187	68193
5/10/2016	40	40	40	40	40	200		131	24488	187	68230
5/11/2016	40	40	40	40	40	200		132	24688	187	68266
5/12/2016	40	40	40	40	40	200		133	24888	187	68302
5/13/2016	40	40	40	40	40	200		134	25088	187	68337
5/14/2016	40	40	40	40	40	200		135	25288	187	68371
5/15/2016	25	25	25	25	50	150		136	25438	187	68271
5/16/2016	40	40	40	40	40	200		137	25638	187	68306
5/17/2016	25	25	25	25	25	125		138	25763	187	68141
5/18/2016	40	40	40	40	40	200		139	25963	187	68176
5/19/2016	25	25	25	25	25	125		140	26088	186	68015
5/20/2016	40	40	40	40	40	200		141	26288	186	68050
5/21/2016	25	25	25	25	25	125		142	26413	186	67893
5/22/2016	40	40	40	40	40	200		143	26613	186	67928

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5/23/2016	40	40	40	40	40	200		144	26813	186	67964
5/24/2016	40	40	40	40	55	215		145	27028	186	68036
5/25/2016	40	40	40	40	40	200		146	27228	186	68070
5/26/2016	25	25	25	25	25	125		147	27353	186	67917
5/27/2016	40	40	40	40	40	200		148	27553	186	67952
5/28/2016	40	40	40	40	40	200		149	27753	186	67986
5/29/2016	40	45	50	55	70	260	!!	150	28013	187	68165
5/30/2016	40	40	40	40	50	210		151	28223	187	68221
5/31/2016	40	40	40	40	50	210		152	28433	187	68277
6/1/2016	45	45	45	45	55	235		153	28668	187	68391
6/2/2016	40	40	40	40	50	210		154	28878	188	68445
6/3/2016	25	40	40	45	60	210		155	29088	188	68498
6/4/2016	45	45	45	45	55	235		156	29323	188	68608
6/5/2016	50	50	50	50	55	255		157	29578	188	68764
6/6/2016	50	50	50	50	56	256		158	29834	189	68920
6/7/2016	50	50	50	50	57	257		159	30091	189	69077
6/8/2016	50	50	50	50	60	260		160	30351	190	69238
6/9/2016	50	50	50	50	59	259		161	30610	190	69395
6/10/2016	50	50	50	50	50	250		162	30860	190	69530
6/11/2016	50	50	50	50	64	264	!	163	31124	191	69695
6/12/2016	50	50	50	50	65	265	!	164	31389	191	69860
6/13/2016	50	50	50	50	60	260		165	31649	192	70011
6/14/2016	51	51	51	51	65	269	!	166	31918	192	70181
6/15/2016	50	50	50	50	75	275	!!	167	32193	193	70362
6/16/2016	50	50	50	50	50	250		168	32443	193	70486
6/17/2016	50	50	50	50	50	250		169	32693	193	70609
6/18/2016	50	50	50	50	60	260		170	32953	194	70752
Watched a pushup vedio stressing quality instead of quantity. Yikes! Shoulder injury.											
6/19/2016	45	25	25	25	25	145		171	33098	194	70648
6/20/2016	25	25	25	25	25	125		172	33223	193	70502
6/21/2016	25	25	25	25	25	125		173	33348	193	70358
6/22/2016	25	25	25	25	25	125		174	33473	192	70216
6/23/2016	25	25	25	25	25	125		175	33598	192	70076
6/24/2016	25	25	25	25	25	125		176	33723	192	69937
6/25/2016	25	25	25	25	25	125		177	33848	191	69800
6/26/2016	25	25	25	25	30	130		178	33978	191	69674
6/27/2016	30	30	30	30	30	150		179	34128	191	69591
6/28/2016	30	30	30	30	30	150		180	34278	190	69508
6/29/2016	30	30	30	30	35	155		181	34433	190	69437
6/30/2016	30	30	30	30	30	150		182	34583	190	69356
7/1/2016	30	30	30	30	30	150		183	34733	190	69276
7/2/2016	30	30	30	30	30	150		184	34883	190	69197
7/3/2016	30	30	30	30	50	170		185	35053	189	69159
7/4/2016	30	30	30	30	30	150		186	35203	189	69081

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7/5/2016	30	30	30	30	35	155		187	35358	189	69014
7/6/2016	30	30	30	30	50	170		188	35528	189	68977
7/7/2016	30	67	44	44	43	228		189	35756	189	69053
My dad, Norm Stuart, turned 84 years old today - oldest living Stuart ever. So this one's for you dad!											
7/8/2016	0x14=840					840	!	190	36596	193	70303
7/9/2016	30	30	30	30	37	157		191	36753	192	70235
7/10/2016	35	40	40	40	40	195		192	36948	192	70240
7/11/2016	35	35	35	40	40	185		193	37133	192	70226
7/12/2016	35	40	40	40	45	200		194	37333	192	70240
7/13/2016	35	40	40	40	50	205		195	37538	193	70263
7/14/2016	35	40	40	40	50	205		196	37743	193	70287
7/15/2016	40	40	40	40	40	200		197	37943	193	70300
7/16/2016	40	40	40	40	40	200		198	38143	193	70314
7/17/2016	40	40	40	40	50	210		199	38353	193	70346
7/18/2016	40	40	40	40	50	210		200	38563	193	70377
7/19/2016	40	40	40	40	40	200		201	38763	193	70391
7/20/2016	40	40	40	40	40	200		202	38963	193	70403
7/21/2016	40	40	40	40	40	200		203	39163	193	70416
7/22/2016	25	25	25	25	25	125		204	39288	193	70295
7/23/2016	40	40	40	40	40	200		205	39488	193	70308
7/24/2016	40	40	40	40	50	210		206	39698	193	70339
7/25/2016	40	40	40	40	40	200		207	39898	193	70352
7/26/2016	40	40	40	40	40	200		208	40098	193	70364
7/27/2016	40	40	40	40	40	200		209	40298	193	70377
7/28/2016	40	40	40	40	40	200		210	40498	193	70389
7/29/2016	25	25	25	25	50	150		211	40648	193	70315
7/30/2016	25	25	25	25	40	140		212	40788	192	70225
7/31/2016	40	40	40	40	50	210		213	40998	192	70255
8/1/2016	40	40	40	40	40	200		214	41198	193	70268
8/2/2016	40	40	40	40	40	200		215	41398	193	70280
8/3/2016	40	40	40	40	40	200		216	41598	193	70293
8/4/2016	40	40	40	40	40	200		217	41798	193	70305
8/5/2016	40	40	40	40	40	200		218	41998	193	70318
8/6/2016	40	40	40	40	40	200		219	42198	193	70330
8/7/2016	33	40	40	40	47	200		220	42398	193	70342
8/8/2016	40	40	40	40	40	200		221	42598	193	70354
8/9/2016	40	40	40	40	40	200		222	42798	193	70366
Donated blood today and they told me absolutely no exercise again. My attempt to comply:											
8/10/2016	50	50	50	50	58	258		223	43056	193	70473
8/11/2016	40	40	40	40	40	200		224	43256	193	70484
8/12/2016	40	40	40	40	50	210		225	43466	193	70512
8/13/2016	25	25	25	25	40	140		226	43606	193	70426
8/14/2016	50	40	40	40	45	215		227	43821	193	70461
8/15/2016	40	40	40	40	40	200		228	44021	193	70472

# 2016 Timer's Pushup Challenge

## Daily Statistic

## Yearly Statistics

Date	Daily Statistic						!= PR	Yearly Statistics			
	Rep 1	Rep 2	Rep 3	Rep 4	Rep 5	Total		Day	Total	Average/ Day	Est. Total for year
8/16/2016	40	40	40	40	47	207		229	44228	193	70494
8/17/2016	40	40	40	40	55	215		230	44443	193	70529
8/18/2016	40	40	40	40	40	200		231	44643	193	70540
8/19/2016	40	40	40	40	40	200		232	44843	193	70550
8/20/2016	40	40	40	40	40	200		233	45043	193	70561
8/21/2016	40	40	40	40	40	200		234	45243	193	70571
8/22/2016	40	40	40	40	50	210		235	45453	193	70597
8/23/2016	42	42	42	42	50	218		236	45671	194	70635
8/24/2016	42	42	42	42	46	214		237	45885	194	70667
8/25/2016	42	42	42	42	57	225		238	46110	194	70715
8/26/2016	42	42	42	42	52	220		239	46330	194	70755
8/27/2016	42	42	42	42	50	218		240	46548	194	70792
8/28/2016	42	42	42	42	54	222		241	46770	194	70834
8/29/2016	42	42	42	42	50	218		242	46988	194	70870
8/30/2016	42	42	42	42	50	218		243	47206	194	70906
8/31/2016	45	45	45	45	54	234		244	47440	194	70966
9/1/2016	45	45	45	45	54	234		245	47674	195	71025
9/2/2016	25	25	25	25	25	125		246	47799	194	70921
9/3/2016	45	45	45	45	57	237		247	48036	194	70984
9/4/2016	45	45	45	45	57	237		248	48273	195	71047
9/5/2016	45	45	45	45	58	238		249	48511	195	71111
9/6/2016	45	45	45	45	45	225		250	48736	195	71155
9/7/2016	45	45	45	45	45	225		251	48961	195	71198
9/8/2016	45	45	45	45	62	242		252	49203	195	71266
9/9/2016	45	45	45	45	45	225		253	49428	195	71309
9/10/2016	50	50	50	50	62	262		254	49690	196	71405
9/11/2016	50	50	50	50	53	253		255	49943	196	71487
9/12/2016	50	50	50	50	57	257		256	50200	196	71574
9/13/2016	50	50	50	50	57	257		257	50457	196	71661
9/14/2016	50	50	50	50	53	253		258	50710	197	71741
9/15/2016	50	50	50	50	55	255		259	50965	197	71823
9/16/2016	50	50	50	50	50	250		260	51215	197	71898
9/17/2016	50	50	50	50	50	250		261	51465	197	71972
9/18/2016	50	50	50	50	55	255		262	51720	197	72053
9/19/2016	50	50	50	50	50	250		263	51970	198	72126
9/20/2016	50	50	50	50	50	250		264	52220	198	72198
9/21/2016	50	50	50	50	50	250		265	52470	198	72270
9/22/2016	51	51	51	51	51	255		266	52725	198	72348
9/23/2016	50	50	50	50	68	268		267	52993	198	72444
9/24/2016	50	50	50	50	64	264		268	53257	199	72533
9/25/2016	50	50	50	50	50	250		269	53507	199	72602
9/26/2016	50	50	50	49	40	239		270	53746	199	72657
9/27/2016	45	40	45	45	45	220		271	53966	199	72685
9/28/2016	45	50	50	50	45	240		272	54206	199	72740



# 2016 Timer's Pushup Challenge

## Daily Statistic

## Yearly Statistics

Date	Daily Statistic						!= PR	Yearly Statistics			
	Rep 1	Rep 2	Rep 3	Rep 4	Rep 5	Total		Day	Total	Average/ Day	Est. Total for year
9/29/2016	50	50	55	50	53	258		273	54464	200	72818
9/30/2016	50	50	50	50	50	250		274	54714	200	72885
10/1/2016	50	50	50	50	50	250		275	54964	200	72952
10/2/2016	50	50	50	50	52	252		276	55216	200	73021
10/3/2016	51	51	51	50	50	253		277	55469	200	73091
10/4/2016	51	51	51	51	51	255		278	55724	200	73163
10/5/2016	51	51	48	50	50	250		279	55974	201	73228
10/6/2016	50	50	50	50	50	250		280	56224	201	73292
10/7/2016	50	50	50	50	50	250		281	56474	201	73356
10/8/2016	40	40	40	40	50	210		282	56684	201	73368
10/9/2016	50	50	50	50	60	260		283	56944	201	73444
10/10/2016	50	50	50	45	62	257		284	57201	201	73515
10/11/2016	55	55	55	55	60	280	!	285	57481	202	73616
10/12/2016	50	50	50	50	50	250		286	57731	202	73678
10/13/2016	50	50	50	50	50	250		287	57981	202	73739
10/14/2016	45	45	45	45	45	225		288	58206	202	73768
10/15/2016	45	45	45	45	45	225		289	58431	202	73797
10/16/2016	50	50	50	50	50	250		290	58681	202	73857
10/17/2016	45	50	50	50	50	245		291	58926	202	73911
Blood donation again today - no workout ordered.											
10/18/2016	45	45	45	45	55	235		292	59161	203	73951
10/19/2016	45	45	50	45	45	230		293	59391	203	73985
10/20/2016	45	45	45	45	45	225		294	59616	203	74013
10/21/2016	45	45	45	45	45	225		295	59841	203	74041
10/22/2016	45	45	45	45	50	230		296	60071	203	74074
10/23/2016	45	45	45	45	50	230		297	60301	203	74107
10/24/2016	45	45	45	45	45	225		298	60526	203	74134
10/25/2016	45	45	45	45	50	230		299	60756	203	74167
10/26/2016	45	45	45	45	50	230		300	60986	203	74200
10/27/2016	45	45	45	45	65	245		301	61231	203	74250
10/28/2016	50	50	50	50	60	260		302	61491	204	74319
10/29/2016	50	50	50	50	60	260		303	61751	204	74387
10/30/2016	50	50	50	50	50	250		304	62001	204	74442
10/31/2016	50	50	50	50	50	250		305	62251	204	74497
11/1/2016	50	50	50	50	60	260		306	62511	204	74564
11/2/2016	50	50	50	50	50	250		307	62761	204	74618
11/3/2016	50	50	50	50	66	266		308	63027	205	74691
11/4/2016	50	50	50	50	60	260		309	63287	205	74756
11/5/2016	50	50	50	50	55	255		310	63542	205	74816
11/6/2016	45	45	45	45	45	225		311	63767	205	74839
11/7/2016	50	45	45	45	50	235		312	64002	205	74874
11/8/2016	50	50	50	50	50	250		313	64252	205	74926
11/9/2016	50	50	50	50	60	260		314	64512	205	74990
11/10/2016	50	50	50	50	50	250		315	64762	206	75042

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## Daily Statistic

## Yearly Statistics

Date	Daily Statistic						!= PR	Yearly Statistics			
	Rep 1	Rep 2	Rep 3	Rep 4	Rep 5	Total		Day	Total	Average/ Day	Est. Total for year
11/11/2016	50	50	50	50	50	250		316	65012	206	75093
11/12/2016	50	50	50	50	55	255		317	65267	206	75150
11/13/2016	50	50	50	50	50	250		318	65517	206	75200
11/14/2016	50	50	50	50	55	255		319	65772	206	75256
11/15/2016	50	50	50	50	50	250		320	66022	206	75306
11/16/2016	60	56	58	58	60	292	!	321	66314	207	75404
11/17/2016	50	50	50	50	55	255		322	66569	207	75459
11/18/2016	50	50	50	50	62	262		323	66831	207	75521
11/19/2016	55	55	55	55	58	278		324	67109	207	75601
11/20/2016	55	55	55	50	55	270		325	67379	207	75672
11/21/2016	55	55	55	55	63	283		326	67662	208	75757
11/22/2016	55	55	55	55	55	275		327	67937	208	75832
11/23/2016	50	55	55	55	55	270		328	68207	208	75901
11/24/2016	50	50	50	50	50	250		329	68457	208	75948
11/25/2016	50	50	50	50	60	260		330	68717	208	76005
11/26/2016	50	50	55	55	65	275		331	68992	208	76079
11/27/2016	55	55	55	55	60	280		332	69272	209	76157
11/28/2016	70	50	50	50	50	270		333	69542	209	76225
11/29/2016	55	55	55	55	68	288		334	69830	209	76311
11/30/2016	55	55	55	55	62	282		335	70112	209	76391
12/1/2016	55	55	55	55	70	290		336	70402	210	76478
12/2/2016	55	56	57	50	50	268		337	70670	210	76542
Pull a muscle in my chest today and decided to ease up.											
12/3/2016	55	30	27	30	30	172		338	70842	210	76501
12/4/2016	30	30	30	30	30	150		339	70992	209	76437
12/5/2016	30	30	30	30	30	150		340	71142	209	76373
12/6/2016	30	30	30	30	30	150		341	71292	209	76310
12/7/2016	30	30	30	30	30	150		342	71442	209	76247
12/8/2016	30	30	30	30	30	150		343	71592	209	76184
12/9/2016	30	30	30	30	30	150		344	71742	209	76122
12/10/2016	30	30	30	30	30	150		345	71892	208	76060
12/11/2016	30	30	30	30	30	150		346	72042	208	75998
12/12/2016	30	30	30	30	30	150		347	72192	208	75937
12/13/2016	30	30	30	30	30	150		348	72342	208	75876
Donated blood again today. Hoxworth are vampires.											
12/14/2016	30	30	30	30	30	150		349	72492	208	75815
12/15/2016	30	30	30	6	30	126		350	72618	207	75730
12/16/2016	30	30	30	30	30	150		351	72768	207	75670
12/17/2016	30	30	30	30	30	150		352	72918	207	75611
12/18/2016	30	30	30	30	40	160		353	73078	207	75562
12/19/2016	30	30	30	30	40	160		354	73238	207	75514
12/20/2016	30	35	35	30	30	160		355	73398	207	75466
12/21/2016	35	35	35	35	35	175		356	73573	207	75433
12/22/2016	35	35	35	35	40	180		357	73753	207	75406

# 2016 Timer's Pushup Challenge

## Daily Statistic

## Yearly Statistics

Date	Rep 1	Rep 2	Rep 3	Rep 4	Rep 5	Total	! = PR	Day	Total	Average/ Day	Est. Total for year
12/23/2016	35	35	35	35	35	175		358	73928	207	75374
12/24/2016	22	22	22	22	22	110		359	74038	206	75275
The remainder of the year I am dedicating to the 22 pushups for veterans.											
12/25/2016	6 x 22			30	30	192		360	74230	206	75261
12/26/2016	8 x 22			30	30	236		361	74466	206	75291
12/27/2016	10 x 22			30	30	280		362	74746	206	75365
12/28/2016	12 x 22			30	30	324		363	75070	207	75484
12/29/2016	16 x 22					352		364	75422	207	75629
12/30/2016	20 x 22					440		365	75862	208	75862
12/31/2016	40 x 22					880	!	366	76742	210	76532
No new goal for the next year . . . Just pushups every day.											
1/1/2017	40	40	40	45	45	210		1	210	210	76650
1/2/2017	40	40	40	45	45	210		2	420	210	76650
1/3/2017	40	40	40	45	45	210		3	630	210	76650
1/4/2017	42	42	42	43	45	214		4	844	211	77015
1/5/2017	42	42	42	42	50	218		5	1062	212	77526
1/6/2017	42	42	42	42	59	227		6	1289	215	78414
1/7/2017	42	45	45	40	50	222		7	1511	216	78788
1/8/2017	42	42	42	40	40	206		8	1717	215	78338
1/9/2017	40	40	40	40	40	200		9	1917	213	77745
1/10/2017	25	25	25	25	25	125		10	2042	204	74533
1/11/2017	25	25	25	25	25	125		11	2167	197	71905
1/12/2017	25	25	25	25	25	125		12	2292	191	69715
1/13/2017	25	25	25	25	25	125		13	2417	186	67862
1/14/2017	25	25	25	25	25	125		14	2542	182	66274
1/15/2017	25	25	25	25	25	125		15	2667	178	64897
1/16/2017	25	25	25	25	25	125		16	2792	175	63693
1/17/2017	25	25	25	25	25	125		17	2917	172	62630
1/18/2017	25	25	25	25	25	125		18	3042	169	61685
1/19/2017	25	25	25	25	25	125		19	3167	167	60840
1/20/2017	25	25	25	25	25	125		20	3292	165	60079
1/21/2017	25	25	25	25	25	125		21	3417	163	59391
1/22/2017	25	25	25	25	25	125		22	3542	161	58765
1/23/2017	25	25	25	25	25	125		23	3667	159	58194
1/24/2017	25	25	25	25	25	125		24	3792	158	57670
1/25/2017	25	25	25	25	25	125		25	3917	157	57188
1/26/2017	25	25	25	25	25	125		26	4042	155	56743
1/27/2017	25	25	25	25	25	125		27	4167	154	56332
1/28/2017	25	25	25	25	25	125		28	4292	153	55949
1/29/2017	25	25	25	25	25	125		29	4417	152	55593
1/30/2017	25	25	25	25	25	125		30	4542	151	55261
1/31/2017	25	25	25	25	25	125		31	4667	151	54950
2/1/2017	25	25	25	25	25	125		32	4792	150	54659

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## Daily Statistic

## Yearly Statistics

Date	Daily Statistic						!= PR	Yearly Statistics			
	Rep 1	Rep 2	Rep 3	Rep 4	Rep 5	Total		Day	Total	Average/ Day	Est. Total for year
2/2/2017	25	25	25	25	25	125		33	4917	149	54385
2/3/2017	25	25	25	25	25	125		34	5042	148	54127
2/4/2017	25	25	25	25	25	125		35	5167	148	53884
2/5/2017	25	25	25	25	25	125		36	5292	147	53655
2/6/2017	25	25	25	25	25	125		37	5417	146	53438
2/7/2017	25	25	25	25	25	125		38	5542	146	53232
2/8/2017	25	25	25	25	25	125		39	5667	145	53037
2/9/2017	25	25	25	25	25	125		40	5792	145	52852
2/10/2017	25	25	25	25	25	125		41	5917	144	52676
2/11/2017	25	25	25	25	25	125		42	6042	144	52508
2/12/2017	25	25	25	25	25	125		43	6167	143	52348
2/13/2017	25	25	25	25	25	125		44	6292	143	52195
2/14/2017	25	25	25	25	25	125		45	6417	143	52049
2/15/2017	25	25	25	25	25	125		46	6542	142	51909
2/16/2017	25	25	25	25	25	125		47	6667	142	51776
2/17/2017	25	25	25	25	51	151		48	6818	142	51845
2/18/2017	25	25	30	30	40	150		49	6968	142	51904
2/19/2017	30	30	30	30	40	160		50	7128	143	52034
2/20/2017	30	32	34	40	45	181		51	7309	143	52310
2/21/2017	40	40	40	40	45	205		52	7514	145	52743
2/22/2017	40	40	40	40	61	221		53	7735	146	53269
2/23/2017	40	40	40	40	45	205		54	7940	147	53669
2/24/2017	40	40	40	40	45	205		55	8145	148	54053
2/25/2017	40	42	44	46	48	220		56	8365	149	54522
2/26/2017	40	42	44	46	48	220		57	8585	151	54974
2/27/2017	40	42	44	46	50	222		58	8807	152	55423
2/28/2017	40	42	44	46	50	222		59	9029	153	55857
3/1/2017	42	44	46	48	50	230		60	9259	154	56326
3/2/2017	42	44	46	48	50	230		61	9489	156	56778
3/3/2017	42	44	46	48	50	230		62	9719	157	57217
3/4/2017	42	44	46	48	50	230		63	9949	158	57641
3/5/2017	42	44	46	48	50	230		64	10179	159	58052
3/6/2017	42	44	46	48	50	230		65	10409	160	58451
3/7/2017	42	44	46	48	50	230		66	10639	161	58837
3/8/2017	42	44	46	48	50	230		67	10869	162	59212
3/9/2017	42	44	46	48	50	230		68	11099	163	59576
3/10/2017	42	44	46	48	50	230		69	11329	164	59929
3/11/2017	42	44	46	48	50	230		70	11559	165	60272
3/12/2017	42	44	46	48	60	240		71	11799	166	60657
3/13/2017	45	45	46	48	63	247		72	12046	167	61067
3/14/2017	50	50	50	50	50	250		73	12296	168	61480
3/15/2017	50	50	50	50	50	250		74	12546	170	61882
3/16/2017	50	50	50	50	50	250		75	12796	171	62274
3/17/2017	50	50	50	50	60	260		76	13056	172	62703

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## Daily Statistic

## Yearly Statistics

Date	Daily Statistic						!= PR	Yearly Statistics			
	Rep 1	Rep 2	Rep 3	Rep 4	Rep 5	Total		Day	Total	Average/ Day	Est. Total for year
3/18/2017	50	50	50	50	68	268		77	13324	173	63159
3/19/2017	50	50	50	50	50	250		78	13574	174	63519
3/20/2017	50	50	50	50	55	255		79	13829	175	63893
3/21/2017	50	50	50	50	60	260		80	14089	176	64281
3/22/2017	50	50	50	55	55	260		81	14349	177	64659
3/23/2017	50	50	50	50	50	250		82	14599	178	64983
3/24/2017	50	50	50	50	50	250		83	14849	179	65300
3/25/2017	50	50	50	55	55	260		84	15109	180	65652
3/26/2017	50	50	50	55	55	260		85	15369	181	65996
Gave blood with instructions not to exercise. My response:											
3/27/2017	50	50	50	50	50	250		86	15619	182	66290
3/28/2017	50	50	50	50	50	250		87	15869	182	66577
3/29/2017	50	50	50	50	50	250		88	16119	183	66857
3/30/2017	50	50	50	50	50	250		89	16369	184	67131
3/31/2017	50	50	50	55	63	268		90	16637	185	67472
4/1/2017	50	50	50	50	55	255		91	16892	186	67754
4/2/2017	50	50	50	50	50	250		92	17142	186	68009
4/3/2017	50	50	50	50	50	250		93	17392	187	68259
4/4/2017	50	50	50	50	50	250		94	17642	188	68504
4/5/2017	50	50	50	50	50	250		95	17892	188	68743
4/6/2017	50	50	50	50	50	250		96	18142	189	68977
4/7/2017	50	50	50	50	50	250		97	18392	190	69207
4/8/2017	50	50	50	50	50	250		98	18642	190	69432
4/9/2017	50	50	50	50	50	250		99	18892	191	69652
4/10/2017	50	50	50	50	50	250		100	19142	191	69868
4/11/2017	50	50	50	50	50	250		101	19392	192	70080
4/12/2017	50	50	50	50	57	257		102	19649	193	70313
4/13/2017	50	50	50	50	50	250		103	19899	193	70516
4/14/2017	50	50	50	50	50	250		104	20149	194	70715
4/15/2017	50	50	50	50	50	250		105	20399	194	70911
4/16/2017	50	50	50	50	67	267		106	20666	195	71161
4/17/2017	50	50	50	50	50	250		107	20916	195	71349
4/18/2017	50	50	50	50	50	250		108	21166	196	71533
4/19/2017	50	50	50	50	50	250		109	21416	196	71714
4/20/2017	50	50	50	50	50	250		110	21666	197	71892
4/21/2017	50	50	50	50	50	250		111	21916	197	72066
4/22/2017	50	50	50	50	80	280	!	112	22196	198	72335