

22 in 22 Challenge

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Start this challenge on May 9th. Complete 22 pushups daily until Memorial Day. Get a point on your fitness ticket!!!

To honor fallen veterans, I would like to challenge you to the “22 in 22 days pushup challenge.” Challenge yourself to 22 pushups for 22 days. Have a co-worker or a friend take a picture so we can share your efforts, (if you do not wish to share, that’s perfectly fine too). The **22 Pushup Challenge**, was created to promote awareness for veteran suicide prevention along with honoring military service members and veterans.

Read more about it at: <https://mission22.com/home>

8	9 Challenge Starts	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 Memorial Day	31				

If, like me, you are unable to perform standard pushups, try different pushup positions.

