

Fitness Advent Calendar

10 push-ups on Door 1, one more every day. Plus a 10-minute move behind every door.

NAME _____

MY WORKOUT TIME _____

MY PUSH-UP VERSION (FULL / KNEE / WALL) _____

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1 · START	HOW IT WORKS 1. Do today's push-ups (any time, any sets). 2. Do the 10-min move. 3. Colour the circle.	1 TUE, DEC 1 10 PUSH-UPS + Walk: 10 min brisk walk	2 WED, DEC 2 11 PUSH-UPS + Stretch: 10 min full-body stretch	3 THU, DEC 3 12 PUSH-UPS + Strength: 10 min: squats, lunges, plank	4 FRI, DEC 4 13 PUSH-UPS + Rest: Gentle walk or nothing. Recover.	5 SAT, DEC 5 14 PUSH-UPS + Walk: 10 min brisk walk	6 SUN, DEC 6 15 PUSH-UPS + Stretch: 10 min full-body stretch
WEEK 2 · BUILD	7 MON, DEC 7 16 PUSH-UPS + Strength: 10 min: squats, lunges, plank	8 TUE, DEC 8 17 PUSH-UPS + Rest: Gentle walk or nothing. Recover.	9 WED, DEC 9 18 PUSH-UPS + Walk: 10 min brisk walk	10 THU, DEC 10 19 PUSH-UPS + Stretch: 10 min full-body stretch	11 FRI, DEC 11 20 PUSH-UPS + Strength: 10 min: squats, lunges, plank	12 SAT, DEC 12 21 PUSH-UPS + Rest: Gentle walk or nothing. Recover.	13 SUN, DEC 13 22 PUSH-UPS + Walk: 10 min brisk walk
WEEK 3 · PUSH	14 MON, DEC 14 23 PUSH-UPS + Stretch: 10 min full-body stretch	15 TUE, DEC 15 24 PUSH-UPS + Strength: 10 min: squats, lunges, plank	16 WED, DEC 16 25 PUSH-UPS + Rest: Gentle walk or nothing. Recover.	17 THU, DEC 17 26 PUSH-UPS + Walk: 10 min brisk walk	18 FRI, DEC 18 27 PUSH-UPS + Stretch: 10 min full-body stretch	19 SAT, DEC 19 28 PUSH-UPS + Strength: 10 min: squats, lunges, plank	20 SUN, DEC 20 29 PUSH-UPS + Rest: Gentle walk or nothing. Recover.
WEEK 4 · FINISH	21 MON, DEC 21 30 PUSH-UPS + Walk: 10 min brisk walk	22 TUE, DEC 22 31 PUSH-UPS + Stretch: 10 min full-body stretch	23 WED, DEC 23 32 PUSH-UPS + Strength: 10 min: squats, lunges, plank	24 THU, DEC 24 33 PUSH-UPS + Rest: Gentle walk or nothing. Recover.	AFTER DOOR 24 10 push-ups on Dec 1, 33 on Dec 24: 516 in total. Keep 10 minutes of movement a day going into January. MY JANUARY MOVEMENT HABIT: _____		

● Done ● Swapped ○ Not yet Missed one? Don't open two tomorrow. Just open today's.

Fitness Advent Log

Log every door. Watching the numbers go up is half the motivation.

DOOR	DATE	PUSH-UPS	DONE	10-MIN MOVE	DONE	HOW IT FELT / NOTES
1	Tue 01	10	☐	Walk	☐	
2	Wed 02	11	☐	Stretch	☐	
3	Thu 03	12	☐	Strength	☐	
4	Fri 04	13	☐	Rest	☐	
5	Sat 05	14	☐	Walk	☐	
6	Sun 06	15	☐	Stretch	☐	
7	Mon 07	16	☐	Strength	☐	
8	Tue 08	17	☐	Rest	☐	
9	Wed 09	18	☐	Walk	☐	
10	Thu 10	19	☐	Stretch	☐	
11	Fri 11	20	☐	Strength	☐	
12	Sat 12	21	☐	Rest	☐	
13	Sun 13	22	☐	Walk	☐	
14	Mon 14	23	☐	Stretch	☐	
15	Tue 15	24	☐	Strength	☐	
16	Wed 16	25	☐	Rest	☐	
17	Thu 17	26	☐	Walk	☐	
18	Fri 18	27	☐	Stretch	☐	
19	Sat 19	28	☐	Strength	☐	
20	Sun 20	29	☐	Rest	☐	
21	Mon 21	30	☐	Walk	☐	
22	Tue 22	31	☐	Stretch	☐	
23	Wed 23	32	☐	Strength	☐	
24	Thu 24	33	☐	Rest	☐	

DAY 1 VS DAY 24

Max push-ups in one set

On Door 24

ROTATION

- 1 Walk: 10 min brisk
- 2 Stretch: 10 min full body
- 3 Strength: squats, lunges, plank
- 4 Rest: gentle walk or nothing

PLAY IT SAFE

Split push-ups into small sets through the day. Swap to knee or wall push-ups any time. New to exercise or have a health condition? Check with a doctor first.

You don't have to plan tomorrow. The number is already on the door.

Track it with proof on Harder · harder.pro