

JUNE PUSH UP CHALLENGE

MON	TUE	WED	THU	FRI	SAT	SUN
				1 10	2 20	3 30
4 REST	5 40	6 50	7 60	8 REST	9 80	10 90
11 100	12 REST	13 110	14 120	15 130	16 REST	17 140
18 150	19 160	20 REST	21 170	22 180	23 190	24 REST
25 200	26 200	27 200	28 200	29 200	30 200	31 PUSH IT GOOD DAY
PUSH IT GOOD DAY TOTAL:						



Great Barrier
Reef Foundation

Great Barrier Reef Foundation
WHITSUNDAYS
2022

INSPIRED
ADVENTURES®