

FEBRUARY 2026



EXERCISE

PUSH-UPS



GOAL

Maintain: Squats 3 sets of 10

10 Push-ups per day

Work towards full body push-ups by the end of the year by practicing the hardest variation you can perform with good form. Progress may include improving the variation, or increasing reps and sets.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Modifications & Variations

- Wall Push-up
- Incline Push-up
- Knee Pushup
- Hand-Release



NUTRITION FOCUS

COLOR

Non-Starchy Veggies & Whole Fruit



Goal: Make fruits and non-starchy vegetables about half of your meals & snacks. Increasing color boosts fiber & nutrients, supports digestion & heart health, helps with blood sugar balance, and promotes fullness and overall health.



Habit Building Tips: Start with one meal per day and work towards consistency, add fruits or vegetables to meals you already eat (breakfast counts), keep produce washed and visible, and utilize easy make frozen or pre-cut options.

Disclaimer: Educational resource only. Participation is voluntary. See Instructions page for full disclaimer.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 AM Water Wall Push-ups	2 Veggies w/ Lunch	3 Wall Push-ups	4 Veggies w/ Lunch	5 Wall Push-ups	6 Veggies w/ Lunch	7 Wall Push-ups
8 AM Water	9 Incline Push-ups	10	11 Incline Push-ups	12	13 Incline Push-ups	14
15 AM Water Knee Push-ups	16 Veggies w/ Lunch	17 Knee Push-ups	18 Veggies w/ Lunch	19 Hand Release Push-ups	20 Veggies w/ Lunch	21 Hand Release Push-ups
22 AM Water	23 Hand Release Push-ups	24	25 Push-ups	26	27 Push-ups	28

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