

# 30-Day Handstand Challenge – Daily Progress Checklist

Day	Handstand Hold (sec)	Push-ups	Pike Push-ups	Hollow Hold (sec)	Notes
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					
29					
30					