



# PUSH IT REAL GOOD

## NOV 1-30 2023

This month's challenge is a push up improvement challenge.  
The firehouse with the most points wins.

### How to Play:

Day 1 (November 1st) video your max effort push up attempt.

Day 30 (November 30th) video your max effort push up attempt.

Follow our optional Training Plan (beginner, moderate or advanced).

### Points:

(Firehouse Participants x 3) + Total Firehouse Improvement

Single Engines: (Participants x 6) + (Total Firehouse Improvement x 2)

### Firehouse Team Captains:

Please forward your firehouse rosters (rank, first & last name) with each member's beginning total, end total, and push up improvement to [healthandladders@boston.gov](mailto:healthandladders@boston.gov) by Monday, December 4th. The firehouse with the most points wins. Videos are not required. Only the winning firehouse will have their videos requested and audited.

See [healthandladders@boston.gov](mailto:healthandladders@boston.gov) for complete details.