

REP CEILING TRACKER

Your ceiling is just the edge of what you have trained for so far. Log it precisely and you will start pushing past it.

TODAY'S NUMBERS

Push-ups completed today:

The rep where it started to feel hard:

WHAT'S STOPPING ME

Be specific – is it strength, form, breathing, or mindset?

What I think is stopping me from doing more:

NEXT TARGET

Name the number. Vague targets produce vague effort.

My next rep target:

What I will change to push past my ceiling:

Growth lives on the other side of action.