30 DAY SQUAT CHALLENGE!!!!

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| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  | DAY 150 SQUATS | DAY 255 SQUATS | DAY 360 SQUATS  |  DAY 4REST | DAY 5 70 SQUATS | DAY 675 SQUATS |
| DAY 780 SQUATS  | DAY 8REST |  DAY 9100 SQUATS | DAY 10105 SQUATS | DAY 11110 SQUATS | DAY 12REST | DAY 13130 SQUATS |
| DAY 14 135 SQUATS | DAY 15140 SQUATS | DAY 16REST | DAY 17150 SQUATS | DAY 18155 SQUATS  | DAY 19 160 SQUATS | DAY 20REST |
| DAY 21180 SQUATS | DAY 22185 SQUATS | DAY 23190 SQUATS | DAY 24REST | DAY 25220 SQUATS | DAY 26225 SQUATS | DAY 27230 SQUATS |
| DAY 28REST | DAY 29240 SQUATS | DAY 30250 SQUATS | CONGRATS YOUDID IT!!! | LOOK FORWARDTO THE NEXT CHALLENGE!!! |  |  |