

30-Day Squats Challenge

Instructions: Complete the recommended number of squats indicated in each box. Record the number of squats you completed in the blank space per day.

Technique: Stand tall with your feet hip width apart and your arms down by your side. Inhale as you lower your body back as far as you can by pushing your hips back and bending your knees. Keep your weight at your heels. As you lower, raise your arms out in front of you for balance and look straight ahead. Keep your spine neutral, keeping your knees behind your toes. Exhale and lift back up in a controlled movement.

Option: If you are new to squats, do not squat too deep (i.e., do not lower your hips too much). Add dumbbells in your hands for an advanced version.



Day 1 30 squats I completed _____ squats	Day 2 45 squats I completed _____ squats	Day 3 50 squats I completed _____ squats	Day 4 REST DAY	Day 5 60 squats I completed _____ squats	Day 6 65 squats I completed _____ squats	Day 7 70 squats I completed _____ squats
Day 8 REST DAY	Day 9 90 squats I completed _____ squats	Day 10 95 squats I completed _____ squats	Day 11 100 squats I completed _____ squats	Day 12 REST DAY	Day 13 120 squats I completed _____ squats	Day 14 125 squats I completed _____ squats
Day 15 130 squats I completed _____ squats	Day 16 REST DAY	Day 17 150 squats I completed _____ squats	Day 18 155 squats I completed _____ squats	Day 19 160 squats I completed _____ squats	Day 20 REST DAY	Day 21 180 squats I completed _____ squats
Day 22 185 squats I completed _____ squats	Day 23 190 squats I completed _____ squats	Day 24 REST DAY	Day 25 210 squats I completed _____ squats	Day 26 215 squats I completed _____ squats	Day 27 220 squats I completed _____ squats	Day 28 REST DAY
Day 29 240 squats I completed _____ squats	Day 30 250 squats I completed _____ squats	Congratulations! I completed a total of _____ squats this month!				