

# 30 (Work) Day Squat Challenge



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<i>Day 1</i> Feb 19 55 Squats	<i>Day 2</i> Feb 20 60 Squats	<i>Day 3</i> Feb 21 65 Squats	<i>Day 4</i> Feb 22 70 Squats	<i>Day 5</i> Feb 23 75 Squats
<b>Week 2</b>	<i>Day 6</i> Feb 26 80 Squats	<i>Day 7</i> Feb 27 85 Squats	<i>Day 8</i> Feb 28 90 Squats	<i>Day 9</i> Mar 1 95 Squats	<i>Day 10</i> Mar 2 100 Squats
<b>Week 3</b>	<i>Day 11</i> Mar 5 105 Squats	<i>Day 12</i> Mar 6 110 Squats	<i>Day 13</i> Mar 7 115 Squats	<i>Day 14</i> Mar 8 120 Squats	<i>Day 15</i> Mar 9 125 Squats
<b>Week 1</b>	<i>Day 16</i> Mar 12 130 Squats	<i>Day 17</i> Mar 13 135 Squats	<i>Day 18</i> Mar 14 140 Squats	<i>Day 19</i> Mar 15 145 Squats	<i>Day 20</i> Mar 16 150 Squats
<b>Week 5</b>	<i>Day 21</i> Mar 19 155 Squats	<i>Day 22</i> Mar 20 160 Squats	<i>Day 23</i> Mar 21 165 Squats	<i>Day 24</i> Mar 22 170 Squats	<i>Day 25</i> Mar 23 175 Squats
<b>Week 6</b>	<i>Day 26</i> Mar 26 180 Squats	<i>Day 27</i> Mar 27 185 Squats	<i>Day 28</i> Mar 28 190 Squats	<i>Day 29</i> Mar 29 195 Squats	NO WORK!
<b>Week 7 (ish)</b>	<i>Day 30</i> Apr 2 200 Squats!!	OMG WE DID IT!!!			

