

Ready, set, squat!

Simple steps to get your 100 Squats a Day Challenge off the ground.

Find Facebook fundraising inspiration

Join our **100 Squats a Day Challenge Facebook** group to see what your fellow challengers are posting about and how they're boosting their fundraising.

Spread the word

Let your friends, family and social media know about how you're going to smash this 100 Squats a Day Challenge once February comes around, and how they can help by sponsoring you.

Complete your squats safely

Please read through our top tips for completing this challenge safely on the following page.

