

Take part as a team as a team

Recruit your friends, family or work colleagues to join you in tackling the challenge by following the four steps below.

1. All your team members will need to **sign up to the 100 Squats a Day Challenge** so they each have their own online Giving Page.
2. Once everyone's signed up, log in to your account.
3. Scroll down, hit the 'Create new team' button and follow the instructions.
4. Once you've created your team, you can send the team page URL to friends, family and colleagues so they can join!

How will your team tackle the challenge?

Use the calendar below to divvy up your squats across the month. Write every team member's name and amount of daily squats. Why not get competitive and see who can take on the most squats every day? Add the name of the daily top squatter and number of squats achieved.

Name: _____ Amount: _____1	Name: _____ Amount: _____2	Name: _____ Amount: _____3	Name: _____ Amount: _____4	Name: _____ Amount: _____5	Name: _____ Amount: _____6	Name: _____ Amount: _____7
Name: _____ Amount: _____8	Name: _____ Amount: _____9	Name: _____ Amount: _____10	Name: _____ Amount: _____11	Name: _____ Amount: _____12	Name: _____ Amount: _____13	Name: _____ Amount: _____14
Name: _____ Amount: _____15	Name: _____ Amount: _____16	Name: _____ Amount: _____17	Name: _____ Amount: _____18	Name: _____ Amount: _____19	Name: _____ Amount: _____20	Name: _____ Amount: _____21
Name: _____ Amount: _____22	Name: _____ Amount: _____23	Name: _____ Amount: _____24	Name: _____ Amount: _____25	Name: _____ Amount: _____26	Name: _____ Amount: _____27	Name: _____ Amount: _____28