

100 Squats a Day Challenge

Calendar

Note down how many squats you complete each day and keep track of your progress over the month of February.

				Ready, set, squat! Your challenge starts today!	1	2	3
4	5	6	7	8	9	10	10 days down, good job!
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	Keep squatting! Only one week to go.
25	26	27	28				