

# 30-DAY SQUAT CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	DATE: <i>Apr. 29, 2013</i>	DATE: <i>Apr. 30, 2013</i>	DATE: <i>May. 1, 2013</i>	<del>DATE: <i>May. 2, 2013</i></del>	DATE: <i>May. 3, 2013</i>	DATE: <i>May. 4, 2013</i>
	DAY-1 50 SQUATS	DAY-2 55 SQUATS	DAY-3 60 SQUATS	<del>DAY-4 REST DAY!! YAY!</del>	DAY-5 70 SQUATS	DAY-6 75 SQUATS
DATE: <i>May. 5, 2013</i>	<del>DATE: <i>May. 6, 2013</i></del>	DATE: <i>May. 7, 2013</i>	DATE: <i>May. 8, 2013</i>	DATE:	<del>DATE:</del>	DATE:
DAY-7 80 SQUATS	<del>DAY-8 REST DAY!! YAY!</del>	DAY-9 100 SQUATS	DAY-10 105 SQUATS	DAY-11 110 SQUATS	<del>DAY-12 REST DAY!! YAY!</del>	DAY-13 130 SQUATS
DATE:	DATE:	<del>DATE:</del>	DATE:	DATE:	DATE:	<del>DATE:</del>
DAY-14 135 SQUATS	DAY-15 140 SQUATS	<del>DAY-16 REST DAY!! YAY!</del>	DAY-17 150 SQUATS	DAY-18 155 SQUATS	DAY-19 160 SQUATS	<del>DAY-20 REST DAY!! YAY!</del>
DATE:	DATE:	DATE:	<del>DATE:</del>	DATE:	DATE:	DATE:
DAY-21 180 SQUATS	DAY-22 185 SQUATS	DAY-23 190 SQUATS	<del>DAY-24 REST DAY!! YAY!</del>	DAY-25 220 SQUATS	DAY-26 225 SQUATS	DAY-27 230 SQUATS
<del>DATE:</del>	DATE:	DATE:				
<del>DAY-28 REST DAY!! YAY!</del>	DAY-29 240 SQUATS	DAY-30 250 SQUATS				