

30 Day Squat Challenge

- ☐ Day 1 10 Squats
- ☐ Day 2 20 Squats
- ☐ Day 3 30 Squats

Day 4 Rest day

- ☐ Day 5 40 Squats
- ☐ Day 6 50 Squats
- ☐ Day 7 60 Squats

Day 8 Rest day

- ☐ Day 9 70 Squats
- ☐ Day 10 80 Squats
- ☐ Day 11 90 Squats

Day 12 Rest day

- ☐ Day 13 100 Squats
- ☐ Day 14 110 Squats
- ☐ Day 15 120 Squats

Day 16 Rest day

- ☐ Day 17 130 Squats
- ☐ Day 18 140 Squats
- ☐ Day 19 150 Squats

Day 20 Rest day

Sets

- ☐ Day 21 160 Squats
- ☐ Day 22 170 Squats
- ☐ Day 23 180 Squats

Day 24 Rest day

- ☐ Day 25 190 Squats
- ☐ Day 26 200 Squats
- ☐ Day 27 210 Squats

Day 28 Rest day

- ☐ Day 29 220 Squats
- ☐ Day 30 230 Squats

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