



31DaySquat CHALLENGE

Complete the set number of
squats each day.

DAY 1 10 SQUATS	DAY 2 20 SQUATS	DAY 3 30 SQUATS	DAY 4 40 SQUATS	DAY 5 50 SQUATS	DAY 6 REST	DAY 7 10 SQUATS
DAY 8 20 SQUATS	DAY 9 30 SQUATS	DAY 10 40 SQUATS	DAY 11 50 SQUATS	DAY 12 REST	DAY 13 10 SQUATS	DAY 14 20 SQUATS
DAY 15 30 SQUATS	DAY 16 40 SQUATS	DAY 17 50 SQUATS	DAY 18 REST	DAY 19 10 SQUATS	DAY 20 20 SQUATS	DAY 21 30 SQUATS
DAY 22 40 SQUATS	DAY 23 50 SQUATS	DAY 24 REST	DAY 25 10 SQUATS	DAY 26 20 SQUATS	DAY 27 30 SQUATS	DAY 28 40 SQUATS
DAY 29 50 SQUATS	DAY 30 REST	DAY 31 50 SQUATS	CONGRATULATIONS! You have completed Fit Kids' Squat Challenge. www.fitkids.org			