

START	TIME OF DAY AND NUMBER OF SQUATS			
	MORNING	NOON	NIGHT	END OF DAY TOTAL
Day 1	16	16	16	50
Day 2	18	18	18	55
Day 3	20	20	20	60
Day 4	REST DAY			
Day 5	23	23	23	70
Day 6	25	25	25	75
Day 7	26	27	27	80
Day 8	REST DAY			
Day 9	33	33	33	100
Day 10	35	35	35	105
Day 11	36	37	37	110
Day 12	REST DAY			
Day 13	43	43	43	130
Day 14	45	45	45	135
Day 15	46	47	47	140
Day 16	REST DAY			
Day 17	50	50	50	150
Day 18	51	52	52	155
Day 19	53	53	53	160
Day 20	REST DAY			
Day 21	60	60	60	180
Day 22	61	62	62	185
Day 23	63	63	63	190
Day 24	REST DAY			
Day 25	73	73	73	220
Day 26	75	75	75	225
Day 27	76	77	77	230
Day 28	REST DAY			
Day 29	80	80	80	240
Day 30	83	83	83	250
Day 31	CELEBRATION DAY!			

30 DAY SQUAT CHALLENGE

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DAY 1 50 SQUATS

DAY 2 55 SQUATS

DAY 3 60 SQUATS

DAY 4 REST DAY

DAY 5 70 SQUATS

DAY 6 75 SQUATS

DAY 7 80 SQUATS

DAY 8 REST DAY

DAY 9 100 SQUATS

DAY 10 105 SQUATS

DAY 11 110 SQUATS

DAY 12 REST DAY

DAY 13 130 SQUATS

DAY 14 135 SQUATS

DAY 15 140 SQUATS

DAY 16 REST DAY

DAY 17 150 SQUATS

DAY 18 155 SQUATS

DAY 19 160 SQUATS

DAY 20 REST DAY

DAY 21 180 SQUATS

DAY 22 185 SQUATS

DAY 23 190 SQUATS

DAY 24 REST DAY

DAY 25 220 SQUATS

DAY 26 225 SQUATS

DAY 27 230 SQUATS

DAY 28 REST DAY

DAY 29 240 SQUATS

DAY 30 250 SQUATS

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