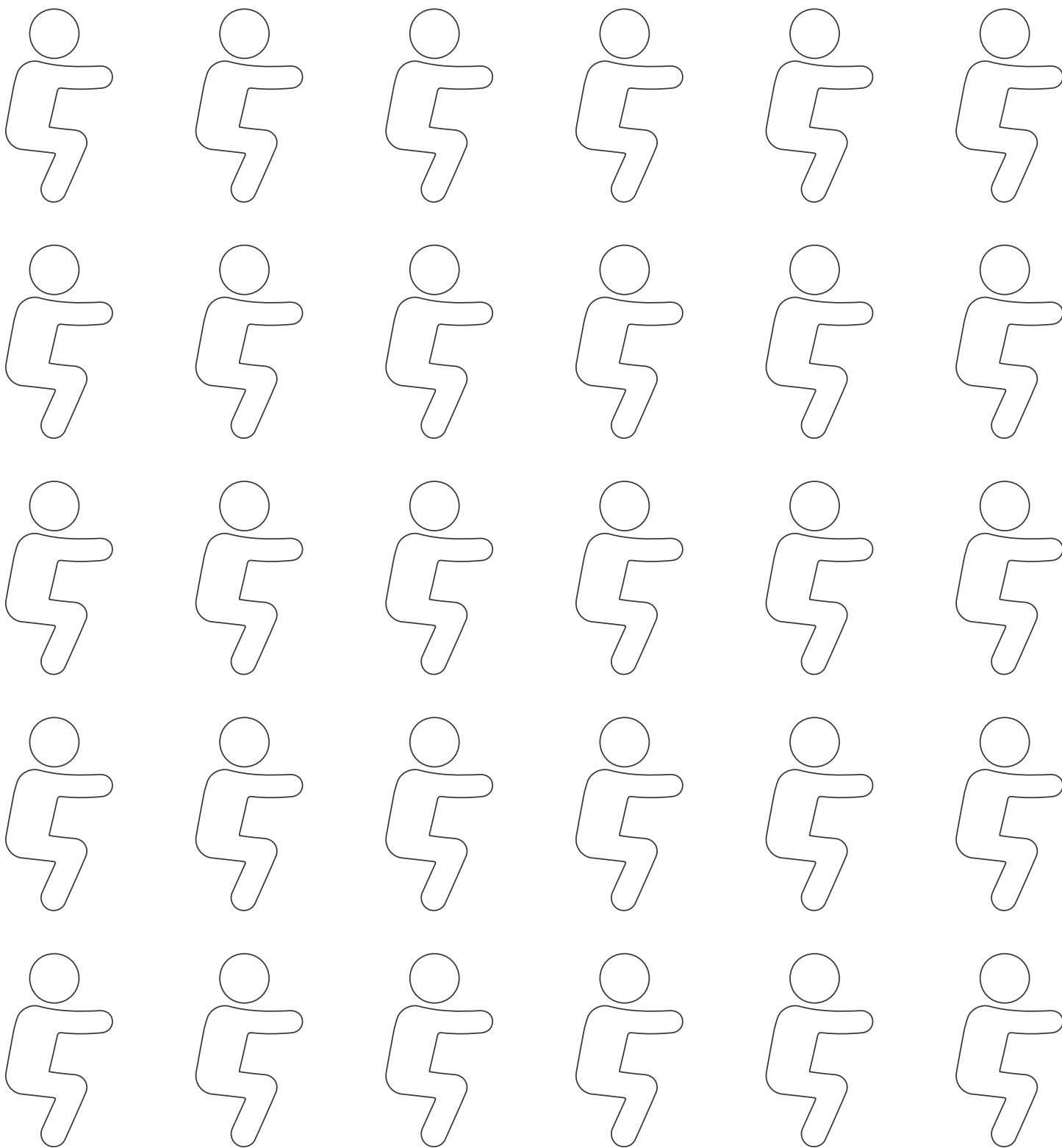



# 30 DAY SQUAT CHALLENGE



 = \_\_\_\_\_ SQUATS

# 30 DAY SQUAT CHALLENGE

<b>1</b> Goal _____ Completed _____	<b>2</b> Goal _____ Completed _____	<b>3</b> Goal _____ Completed _____	<b>4</b> Goal _____ Completed _____	<b>5</b> Goal _____ Completed _____
<b>6</b> Goal _____ Completed _____	<b>7</b> Goal _____ Completed _____	<b>8</b> Goal _____ Completed _____	<b>9</b> Goal _____ Completed _____	<b>10</b> Goal _____ Completed _____
<b>11</b> Goal _____ Completed _____	<b>12</b> Goal _____ Completed _____	<b>13</b> Goal _____ Completed _____	<b>14</b> Goal _____ Completed _____	<b>15</b> Goal _____ Completed _____
<b>16</b> Goal _____ Completed _____	<b>17</b> Goal _____ Completed _____	<b>18</b> Goal _____ Completed _____	<b>19</b> Goal _____ Completed _____	<b>20</b> Goal _____ Completed _____
<b>21</b> Goal _____ Completed _____	<b>22</b> Goal _____ Completed _____	<b>23</b> Goal _____ Completed _____	<b>24</b> Goal _____ Completed _____	<b>25</b> Goal _____ Completed _____
<b>26</b> Goal _____ Completed _____	<b>27</b> Goal _____ Completed _____	<b>28</b> Goal _____ Completed _____	<b>29</b> Goal _____ Completed _____	<b>30</b> Goal _____ Completed _____