



April Squat Challenge Tracker

April 5 - 11 25 squats per day

5	6	7	8	9	10	11

April 12 - 18 50 squats per day

12	13	14	15	16	17	18

April 19 - 25 75 squats per day

19	20	21	22	23	24	25

April 26 - 30 100 squats per day

26	27	28	29	30