

# 30 DAY

# SQUAT CHALLENGE

[CLICK HERE TO  
LEARN HOW TO  
DO A SQUAT!](#)

DAY 1	10 SQUATS	DAY 16	70 SQUATS
DAY 2	15 SQUATS	DAY 17	75 SQUATS
DAY 3	20 SQUATS	DAY 18	80 SQUATS
DAY 4	25 SQUATS	DAY 19	85 SQUATS
DAY 5	REST	DAY 20	REST
DAY 6	30 SQUATS	DAY 21	90 SQUATS
DAY 7	35 SQUATS	DAY 22	95 SQUATS
DAY 8	40 SQUATS	DAY 23	100 SQUATS
DAY 9	45 SQUATS	DAY 24	105 SQUATS
DAY 10	REST	DAY 25	REST
DAY 11	50 SQUATS	DAY 26	110 SQUATS
DAY 12	55 SQUATS	DAY 27	115 SQUATS
DAY 13	60 SQUATS	DAY 28	120 SQUATS
DAY 14	65 SQUATS	DAY 29	125 SQUATS
DAY 15	REST	DAY 30	130 SQUATS

## TOP TIPS

Remember to share your sweaty selfies, telling everyone of your progress!

Know your limits and don't overdo it. Keep yourself hydrated and don't forget to reward yourself afterwards!

## GET SPONSORED

Set up a JustGiving page so your friends and family can get behind you!

Remember to let them know why you are taking on this challenge!

[CLICK HERE TO  
GET STARTED](#)



CHILDREN'S  
HEART  
SURGERY  
FUND

1 in 100 babies are still being born with heart disease and our heart warriors still need the best care. **You are helping us to keep supporting hearts. Now and for life.**