

▶▶▶ **SQUAT CHALLENGE TRACKER** ▶▶▶

Choose a week for your Squat Challenge and write the dates in the boxes below. Complete as many squats as possible in your classroom throughout the week. Combine each student's squat total and record in the boxes below. At the end of the week, add your daily totals together to find your total squat count.

School: _____

Action Plan: _____

Teacher: _____ **Grade:** _____

Daily Goal: _____ **Overall Goal:** _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

[Empty box for Monday]

[Empty box for Tuesday]

[Empty box for Wednesday]

[Empty box for Thursday]

[Empty box for Friday]

TOTAL SQUATS: