

▶▶▶ SQUAT CHALLENGE TRACKER ▶▶▶

Choose five days throughout the month to complete as many squats as possible. Record your daily total in the boxes below. Once you have completed all five days, add your daily totals together to find your total squat count.

Name: _____

Action Plan: _____

Daily Goal: _____

Overall Goal: _____

<input type="checkbox"/> DAY 1	<input type="checkbox"/> DAY 2	<input type="checkbox"/> DAY 3	<input type="checkbox"/> DAY 4	<input type="checkbox"/> DAY 5

TOTAL SQUATS: