

Track your squats



Tick each box as you work your way through your squats!

We would love to see your progress!

Share your updates with us on social media as you hit your milestones!



Mon Tue Wed Thur Fri Sat Sun

1 2 3

4 5 6 7 8 9 10

11 12 13 14 15 16 17

18 19 20 21 22 23 24

25 26 27 28 29 30 31

Off to a great start!

350 squats, one week, you're on fire!

Almost halfway through, you've got this!

1,000 squats! Keep it up!

Nearly there!

Congratulations, you've made it! Well done!

