30-Day Squat Challenge

Tick each day · rest days marked R · start date _____

DAY 1 ☐ 20 squats	DAY 2 ☐ 25 squats	DAY 3 ☐ 30 squats	DAY 4 ☐ 35 squats	DAY 5 ☐ 40 squats
DAY 6 ☐ 45 squats	DAY 7 ☐ R	DAY 8 ☐ 50 squats	DAY 9 ☐ 55 squats	DAY 10 ☐ 60 squats
DAY 11 ☐ 65 squats	DAY 12 ☐ 70 squats	DAY 13 ☐ 75 squats	DAY 14 ☐ R	DAY 15 ☐ 80 squats
DAY 16 ☐ 85 squats	DAY 17 ☐ 90 squats	DAY 18 ☐ 95 squats	DAY 19 ☐ 100 squats	DAY 20 ☐ 105 squats
DAY 21 ☐ R	DAY 22 ☐ 110 squats	DAY 23 ☐ 115 squats	DAY 24 ☐ 120 squats	DAY 25 ☐ 125 squats
DAY 26 ☐ 130 squats	DAY 27 ☐ 135 squats	DAY 28 ☐ R	DAY 29 ☐ 140 squats	DAY 30 ☐ 145 squats

Form cues

- ☐ Feet shoulder-width, toes slightly out
- ☐ Chest up, knees track over toes
- ☐ Sit back to parallel, drive through heels
- ☐ Exhale on the way up

How I felt this month

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30-Day Plank Challenge

Tick each day · rest days marked R · start date _____

DAY 1 ☐ 20 sec	DAY 2 ☐ 25 sec	DAY 3 ☐ 30 sec	DAY 4 ☐ 35 sec	DAY 5 ☐ 40 sec
DAY 6 ☐ 45 sec	DAY 7 ☐ R	DAY 8 ☐ 50 sec	DAY 9 ☐ 55 sec	DAY 10 ☐ 60 sec
DAY 11 ☐ 65 sec	DAY 12 ☐ 70 sec	DAY 13 ☐ 75 sec	DAY 14 ☐ R	DAY 15 ☐ 80 sec
DAY 16 ☐ 85 sec	DAY 17 ☐ 90 sec	DAY 18 ☐ 95 sec	DAY 19 ☐ 100 sec	DAY 20 ☐ 105 sec
DAY 21 ☐ R	DAY 22 ☐ 110 sec	DAY 23 ☐ 115 sec	DAY 24 ☐ 120 sec	DAY 25 ☐ 125 sec
DAY 26 ☐ 130 sec	DAY 27 ☐ 135 sec	DAY 28 ☐ R	DAY 29 ☐ 140 sec	DAY 30 ☐ 145 sec

Form cues

- ☐ Elbows under shoulders
- ☐ Straight line head to heels
- ☐ Squeeze glutes and brace core
- ☐ Breathe slowly — don't hold your breath

How I felt this month

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Combined Daily Log

Squats + plank seconds + energy (1–5)

DAY	DATE	SQUATS	PLANK (S)	ENERGY	NOTES

Beginner · Intermediate · Advanced

Pick the level that fits you — all numbers per day

WEEK DAY	SQUAT BEG	SQUAT INT	SQUAT ADV	PLANK BEG	PLANK INT	PLANK ADV
Day 1	12	24	36	12s	24s	36s
Day 4	18	36	54	18s	36s	54s
Day 7	24	48	72	24s	48s	72s
Day 10	30	60	90	30s	60s	90s
Day 13	36	72	108	36s	72s	108s
Day 16	42	84	126	42s	84s	126s
Day 19	48	96	144	48s	96s	144s
Day 22	54	108	162	54s	108s	162s
Day 25	60	120	180	60s	120s	180s
Day 28	66	132	198	66s	132s	198s

Progress test — max reps / max hold

TEST	DATE	SQUATS IN 1 MIN	MAX PLANK HOLD

Challenge Complete!

Fill in, cut out and stick it on the fridge

I DID IT

30 days of squats & planks

Name _____

Finished on ___ / ___ / _____

Total squats _____ Longest plank _____

My reward & next challenge

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