

June 2015 Monthly Challenge

Options

- Complete the 30 Day Squat Challenge, either the "Beginner" or "Advanced" option:

30 Day Squat Challenge					
Beginner					
Day 1	20		Day 16	Rest	
Day 2	25		Day 17	100	
Day 3	30		Day 18	105	
Day 4	Rest		Day 19	110	
Day 5	40		Day 20	Rest	
Day 6	45		Day 21	115	
Day 7	50		Day 22	120	
Day 8	Rest		Day 23	125	
Day 9	60		Day 24	Rest	
Day 10	65		Day 25	130	
Day 11	70		Day 26	135	
Day 12	Rest		Day 27	140	
Day 13	80		Day 28	Rest	
Day 14	85		Day 29	145	
Day 15	90		Day 30	150	

30 Day Squat Challenge					
Advanced					
Day 1	40		Day 16	Rest	
Day 2	45		Day 17	120	
Day 3	50		Day 18	125	
Day 4	Rest		Day 19	130	
Day 5	60		Day 20	Rest	
Day 6	65		Day 21	150	
Day 7	70		Day 22	155	
Day 8	Rest		Day 23	160	
Day 9	80		Day 24	Rest	
Day 10	85		Day 25	170	
Day 11	90		Day 26	175	
Day 12	Rest		Day 27	180	
Day 13	100		Day 28	Rest	
Day 14	105		Day 29	190	
Day 15	110		Day 30	200	

- Eliminate fast-food eating for the entire month of June 2015



If you have any questions or concerns regarding the challenges, please feel free to schedule a time to talk with me. I want to help you meet these challenges!