



3,000 Squats in August

Challenge 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
day 1 Don't forget to set up my fundraising page, and ask friends and family to donate	day 2	day 3	day 4	day 5	day 6	day 7 YES!! First week done!
day 8	day 9	day 10	day 11	day 12	day 13	day 14 Halfway there Go me!
day 15	day 16	day 17	day 18	day 19	day 20	day 21
day 22	day 23	day 24	day 25	day 26	day 27	day 28
day 29 The finish line is in sight!	day 30	day 31 I DID IT!!!	I achieved squats in August		AND	raised a grand total of £..... to help pets in need



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