

30-Day Simple Squat Challenge by Eat. Drink & be Skinny!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Day 30 RE-TEST <hr/> (How many squats in 60 sec)	<i>"It's not about being perfect, it's about being better!"</i>	Your Goal: Your Reward:	<i>"You can do anything you think you can do!"</i>	Starting Measurements bust -- waist -- abs --- hips --- Weight: --- Body Fat % --	Final Measurements bust -- waist -- abs --- hips --- Weight: --- Body Fat % --	Day 1 TEST <hr/> (How many squats in 60 sec)
Day 2 50 Squats	Day 3 55 Squats	Day 4 60 Squats	Day 5 65 Squats	Day 6 REST	Day 7 70 Squats	Day 8 75 Squats
Day 9 85 Squats	Day 10 90 Squats	Day 11 95 Squats	Day 12 100 Squats	Day 13 REST	Day 14 105 Squats	Day 15 110 Squats
Day 16 125 Squats	Day 17 130 Squats	Day 18 135 Squats	Day 19 140 Squats	Day 20 REST	Day 21 145 Squats	Day 22 150 Squats
Day 23 170 Squats	Day 24 175 Squats	Day 25 180 Squats	Day 26 185 Squats	Day 27 REST	Day 28 190 Squats	Day 29 200 Squats

Get Ready with your new Rear End! Just in Time for Summer!

Visit <http://www.facebook.com/teresamariewellness> & www.eatdrinkandbeskinny.com for details inspiration!