

3,000 Squats in April challenge

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Tick off each day as you complete the challenge. Set up your fundraiser here!



1

3,2,1 LET'S
GET SQUATTING!

2

3

4

5

6

7

8

9

10

WOOHOO! 1,000
SQUATS DOWN!

11

12

13

14

15

WOOAH, YOU'RE
HALFWAY THERE

16

17

18

19

20

21

22

23

24

25

26

KEEP GOING! YOU'RE
ALMOST THERE

27

28

29

30

YOU DID IT!
CONGRATS



Heart
Foundation