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| **🔥 June Squat Challenge 2019 🔥** | | | | | | |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  |  |  | **1**  **20 squats** |
| **2**  **25 squats** | **3**  **30 squats** | **4**  **35 squats** | **5**  **40 squats** | **7**  **45 squats** | **7**  **Rest Day!** | **8**  **50 squats** |
| **9**  **55 squats** | **10**  **60 squats** | **11**  **65 squats** | **12**  **70 squats** | **13**  **75 squats** | **14**  **80 squats** | **15**  **Rest Day!** |
| **16**  **85 squats** | **17**  **90 squats** | **18**  **95 squats** | **19**  **100 squats** | **20**  **105 squats** | **21**  **110 squats** | **22**  **115 squats** |
| **23**  **Rest Day!** | **24**  **120 squats** | **25**  **125 squats** | **26**  **130 squats** | **27**  **135squats** | **28**  **140 squats** | **29**  **145 squats** |
| **30**  **150 squats** | **Let’s light a fire in June!**  ***“The Lord will be your everlasting light.” Isaiah 60:20*** | | | | | |