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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*** |