30 Day Squat Challenge

A month of sets, rest days and movement notes.



WHY IT HELPS

Put the amount you planned beside the amount you completed. Record movement notes so a larger total does not hide a change in how you practiced.

HOW TO USE IT

Choose	Name the version and starting amount.
Record	Keep each set and the day status visible.
Review	Compare the notes before your next plan.

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Write a rest day explicitly. An empty row cannot tell you why practice did not happen.

Example: Mara's practice week

Movement and reason

Chair reference squat. I want a regular practice time before my evening walk.

Planned practice

Two sets of six repetitions on my practice days. Rest days written between them.

Actual sets

Monday: 6 and 6. Wednesday: 6 and 4. Friday: 6 and 6.

Movement observations

Wednesday: depth changed in the second set, so I recorded four repetitions. Friday: used the same chair reference as Monday.

Next week

Repeat my chosen amount and keep the chair reference and pace in the notes.

My movement plan

Start date, squat version, support or depth reference

My chosen weekly practice

Week	Practice / rest days	Sets and repetitions / pace

Movement cues I am practicing

Daily set record

Opening fifteen days

Day / date / status	Set 1	Set 2	Set 3	Movement notes

Daily set record continued

Later fifteen days

Day / date / status	Set 1	Set 2	Set 3	Movement notes

Month in review

What changed in the amount, version, depth or pace

What I want to keep or adjust next month

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.

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