

# 1200 SQUATS BY CHRISTMAS

#1200Squats

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Total number of Squats

Day 1-7

\_\_\_\_\_

Day 8-14

\_\_\_\_\_

Day 15-21

\_\_\_\_\_

Day 22 - 24

\_\_\_\_\_

Total number of Squats

\_\_\_\_\_

**COMBAT  
STRESS**  
FOR VETERANS' MENTAL HEALTH