30-day squat challenge

A gentle plan: 3 squat days a week, a rest day after each, building up a little each week.

I start on _____

1×8 means 1 set of 8 squats. Tick the circle when it's done.

Week 1 1 set of 8	1 ○ **1×8**	2 Rest	3 ○ **1×8**	4 Rest	5 ○ **1×8**	6 Rest	7 Rest
Week 2 2 sets of 8	8 ○ **2×8**	9 Rest	10 ○ **2×8**	11 Rest	12 ○ **2×8**	13 Rest	14 Rest
Week 3 2 sets of 10	15 ○ **2×10**	16 Rest	17 ○ **2×10**	18 Rest	19 ○ **2×10**	20 Rest	21 Rest
Week 4 3 sets of 10	22 ○ **3×10**	23 Rest	24 ○ **3×10**	25 Rest	26 ○ **3×10**	27 Rest	28 Rest
Week 5 3 sets of 12	29 ○ **3×12**	30 **Finish**					

Squat days done _____ of 13

How to squat

1. Feet hip to shoulder width apart, heels down, knees pointing the same way as your toes.
2. Send your hips back as if to sit on a chair, chest up, eyes forward.
3. Bend your knees only as far as is comfortable.
4. Breathe out and push up through your legs, squeezing your bottom as you stand.
5. Go slowly and stay in control, down and up.

Go easy

- Stop straight away if anything hurts or you feel unwell.
- Check with a doctor first if you haven't exercised for a while, have a health condition or an injury, get symptoms such as chest pain, dizziness or joint pain, or are pregnant or recently gave birth.
- See a doctor if new symptoms show up as you do more.

Easier start: stand up from a chair and sit back down slowly, 5 times, or do mini squats holding the back of a chair. Too easy? Add 2 squats a set, up to 12. Too hard? Repeat last week's numbers, or do the easier start.

Our own plan, built from NHS, CDC, WHO and NIH guidance checked on 5 November 2026. A guide, not medical advice.