

Day of Month	Squats level	Day of Month x Squat
1	5	5
2	5	10
3	5	15
4	5	20
5	5	25
6	5	30
7	5	35
8	5	40
9	5	45
10	5	50
11	5	55
12	5	60
13	5	65
14	5	70
15	5	75
16	5	80
17	5	85
18	5	90
19	5	95
20	5	100
21	5	105
22	5	110
23	5	115
24	5	120
25	5	125
26	5	130
27	5	135
28	5	140
29	5	145
30	5	150
31	5	155

Total Squats	2480
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Day of Month	Squats level	Day of Month x Squat
1	10	10
2	10	20
3	10	30
4	10	40
5	10	50
6	10	60
7	10	70
8	10	80
9	10	90
10	10	100
11	10	110
12	10	120
13	10	130
14	10	140
15	10	150
16	10	160
17	10	170
18	10	180
19	10	190
20	10	200
21	10	210
22	10	220
23	10	230
24	10	240
25	10	250
26	10	260
27	10	270
28	10	280
29	10	290
30	10	300
31	10	310

Total Squats	4960
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Day of Month	Squats level	Day of Month x Squat
1	25	25
2	25	50
3	25	75
4	25	100
5	25	125
6	25	150
7	25	175
8	25	200
9	25	225
10	25	250
11	25	275
12	25	300
13	25	325
14	25	350
15	25	375
16	25	400
17	25	425
18	25	450
19	25	475
20	25	500
21	25	525
22	25	550
23	25	575
24	25	600
25	25	625
26	25	650
27	25	675
28	25	700
29	25	725
30	25	750
31	25	775

Total Squats	12400
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