



GREAT  
ORMOND  
STREET  
HOSPITAL  
CHARITY

# 1500 SQUATS in November

## Session tracker

Record your daily sessions in the box each day to keep track of your progress.

<b>START</b>	DAY 2	DAY 3	DAY 4	DAY 5 You've got this!
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15 <b>HALF WAY</b>
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24 Keep pushing!	DAY 25
DAY 26	DAY 27 Nearly there!	DAY 28	DAY 29	DAY 30 <b>FINISH</b>

Set up your fundraiser:



## Congratulations!

You've reached the end of your 1500 Squats in November challenge. You are amazing! Thank you so much for supporting Great Ormond Street Hospital Children's Charity.