

JANUARY 2026

EXERCISE

BODYWEIGHT SQUATS

GOAL

3 sets of 10 squats
(by end of the month)

Modifications & Variations

- Chair Squat
- Box Squat
- Wall Squat
- Partial Depth Squat
- Heels-Elevated Squat
- Plie Squat
- Squat + Hold
- Squat & Reach
- Curtsy Squat
- Side Squat
- Split Squat

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NUTRITION FOCUS

HYDRATION



Goal: Build the habit of hydrating regularly throughout the day to support metabolism, energy, digestion, and physical performance, since even mild dehydration can impact focus and workouts.



Habit Building Tips: Start the day with a few sips of water or pair hydration with existing habits such as taking medications, or when you sit down at your desk. Carry a water bottle with you or set reminders, focusing on consistency rather than hitting a specific amount.

Disclaimer: Educational resource only. Participation is voluntary. See Instructions page for full disclaimer.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 AM Water 5 squats	2 AM Water	3 5 squats
4	5 AM Water 5 squats	6 AM Water	7 AM Water 5 squats x2	8 AM Water	9 AM Water 5 squats x2	10
11 5 squats x2	12 AM Water	13 AM Water 10 squats	14 AM Water	15 AM Water 10 squats	16 AM Water	17 10 squats
18	19 AM Water 10 squats x2	20 AM Water	21 AM Water 10 squats x2	22 AM Water	23 AM Water 10 squats x2	24
25 10 squats x3	26 AM Water	27 AM Water 10 squats x3	28 AM Water	29 AM Water 10 squats x3	30 AM Water	31 10 squats x3

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