



# JANUARY 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## 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

				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.**



# 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 AM Water <b>5 squats</b>	2 AM Water	3 <b>5 squats</b>
4	5 AM Water <b>5 squats</b>	6 AM Water	7 AM Water <b>5 squats x2</b>	8 AM Water	9 AM Water <b>5 squats x2</b>	10
11 <b>5 squats x2</b>	12 AM Water	13 AM Water <b>10 squats</b>	14 AM Water	15 AM Water <b>10 squats</b>	16 AM Water	17 <b>10 squats</b>
18	19 AM Water <b>10 squats x2</b>	20 AM Water	21 AM Water <b>10 squats x2</b>	22 AM Water	23 AM Water <b>10 squats x2</b>	24
25 <b>10 squats x3</b>	26 AM Water	27 AM Water	28 AM Water	29 AM Water <b>10 squats x3</b>	30 AM Water	31 <b>10 squats x3</b>

#### 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.