

# January 2018 **FCC Challenge nominated January 1st**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 FCC Challenge Air squats: How many?	2 16 air squats total	3 16 air squats total	4 16 air squats total	5 16 air squats total	6 16 air squats total  Week 1
7 16 air squats total	8 16 air squats total	9 16 air squats total	10 16 air squats total	11 16 air squats total	12 16 air squats total	13 16 air squats total  Week 2
14 16 air squats total	15 16 air squats total	16 16 air squats total	17 16 air squats total	18 16 air squats total	19 16 air squats total	20 16 air squats total  Week 3
21 16 air squats total	22 16 air squats total	23 16 air squats total	24 16 air squats total	25 16 air squats total	26 16 air squats total	27 FCC Challenge Air squats: How many? Week 4
28 NEW: FCC Challenge PUSH UPS How many?	29 16 push ups total	30 16 push ups total	31 16 push ups total	16 push ups total	16 push ups total	16 push ups total  Week 1