



30-Day Plank Challenge

MON	TUE	WED	THUR	FRI	SAT	SUN
YOUR GOAL IS TO BEAT YOUR TEST TIME ALL MONTH LONG!	ON DAY 1: PICK LEVEL & HOLD YOUR PLANK TO SET YOUR WEKLY GOAL	INCREASE LEVELS WHEN YOU REACH 90 SECONDS.	1 FIRST TEST LEVEL: 1 2 3 4 TIME HELD: __ MIN __ SEC	2 LEVEL: 1 2 3 4 GOAL:____ ACTUAL:____	3 LEVEL: 1 2 3 4 GOAL:____ ACTUAL:____	4 REST
5 PLANK TEST LEVEL: 1 2 3 4 TIME HELD: __ MIN __ SEC	6 LEVEL: 1 2 3 4 GOAL:____ ACTUAL:____	7 REST	8 LEVEL: 1 2 3 4 GOAL:____ ACTUAL:____	9 LEVEL: 1 2 3 4 GOAL:____ ACTUAL:____	10 LEVEL: 1 2 3 4 GOAL:____ ACTUAL:____	11 REST
12 PLANK TEST LEVEL: 1 2 3 4 TIME HELD: __ MIN __ SEC	13 LEVEL: 1 2 3 4 GOAL:____ ACTUAL:____	14 REST	15 LEVEL: 1 2 3 4 GOAL:____ ACTUAL:____	16 LEVEL: 1 2 3 4 GOAL:____ ACTUAL:____	17 LEVEL: 1 2 3 4 GOAL:____ ACTUAL:____	18 REST
19 PLANK TEST LEVEL: 1 2 3 4 TIME HELD: __ MIN __ SEC	20 LEVEL: 1 2 3 4 GOAL:____ ACTUAL:____	21 REST	22 LEVEL: 1 2 3 4 GOAL:____ ACTUAL:____	23 LEVEL: 1 2 3 4 GOAL:____ ACTUAL:____	24 LEVEL: 1 2 3 4 GOAL:____ ACTUAL:____	25 REST
26 PLANK TEST LEVEL: 1 2 3 4 TIME HELD: __ MIN __ SEC	27 LEVEL: 1 2 3 4 GOAL:____ ACTUAL:____	28 REST	29 LEVEL: 1 2 3 4 GOAL:____ ACTUAL:____	30 FINAL TEST LEVEL: 1 2 3 4 TIME HELD: __ MIN __ SEC		