



Planksgiving Challenge

The goal of this challenge is to complete a plank for the specific amount of time each day in November. Do planks and give thanks! See the provided handout on How to do a Plank for tips and modifications. Keep each other motivated. Share your photos with us on social media. Tag us on [Facebook](#) or [Instagram](#).
**Consult with your physician before beginning an exercise program.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 20 seconds <input type="checkbox"/>	2 25 seconds <input type="checkbox"/>	3 30 seconds <input type="checkbox"/>	4 35 seconds <input type="checkbox"/>	5 Rest <input type="checkbox"/>	6 35 seconds <input type="checkbox"/>	7 40 seconds <input type="checkbox"/>
8 40 seconds <input type="checkbox"/>	9 45 seconds <input type="checkbox"/>	10 Rest <input type="checkbox"/>	11 45 seconds <input type="checkbox"/>	12 50 seconds <input type="checkbox"/>	13 50 seconds <input type="checkbox"/>	14 Rest <input type="checkbox"/>
15 55 seconds <input type="checkbox"/>	16 55 seconds <input type="checkbox"/>	17 Rest <input type="checkbox"/>	18 1 minute <input type="checkbox"/>	19 1 minute <input type="checkbox"/>	20 1 min 5 sec <input type="checkbox"/>	21 Rest <input type="checkbox"/>
22 1 min 10 sec <input type="checkbox"/>	23 1 min 15 sec <input type="checkbox"/>	24 Rest <input type="checkbox"/>	25 1 min 20 sec <input type="checkbox"/>	26 1 min 25 sec <input type="checkbox"/>	27 1 min 30 sec <input type="checkbox"/>	28 Rest <input type="checkbox"/>
29 1 min 35 sec <input type="checkbox"/>	30 1 min 45 sec <input type="checkbox"/>					

Name: _____ Department: _____