



2022 Planksgiving Challenge

Do planks and give thanks! Gradually build core strength and stability by completing each plank for the specific amount of time. Can't hold a plank for the designated time? Do what you can! There's a plank for all fitness levels – even if you have an injury or limitation. See the handout on [How to do a Plank](#) for tips and modifications.

***Please consult with your physician before beginning an exercise program.**

*If you met the suggested time, check the box. If your time is different from the suggested time, record on the line. **Submit your completed calendar to WFHT.TN@tn.gov by Wednesday, Dec. 7.** Five participants chosen at random will win a prize!*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<input type="checkbox"/> 25 seconds _____	<input type="checkbox"/> 25 seconds _____	<input type="checkbox"/> 30 seconds _____	<input type="checkbox"/> Rest	<input type="checkbox"/> 35 seconds _____
<input type="checkbox"/> 35 seconds _____	<input type="checkbox"/> 40 seconds _____	<input type="checkbox"/> 40 seconds _____	<input type="checkbox"/> Rest	<input type="checkbox"/> 45 seconds _____	<input type="checkbox"/> 45 seconds _____	<input type="checkbox"/> 50 seconds _____
<input type="checkbox"/> Rest	<input type="checkbox"/> 50 seconds _____	<input type="checkbox"/> 55 seconds _____	<input type="checkbox"/> Rest	<input type="checkbox"/> 55 seconds _____	<input type="checkbox"/> 1 minute _____	<input type="checkbox"/> 1 minute _____
<input type="checkbox"/> Rest	<input type="checkbox"/> 1 min 5 sec _____	<input type="checkbox"/> 1 min 10 sec _____	<input type="checkbox"/> Rest	<input type="checkbox"/> 1 min 10 sec _____	<input type="checkbox"/> 1 min 15 sec _____	<input type="checkbox"/> 1 min 20 sec _____
<input type="checkbox"/> Rest	<input type="checkbox"/> 1 min 25 sec _____	<input type="checkbox"/> 1 min 30 sec _____	<input type="checkbox"/> 1 min 30 sec _____			

Name: _____ Agency: _____

Keep each other motivated by sharing your photos with us on social media. Tag us on [Facebook](#) or [Instagram](#).

