



**30 Day Abs Challenge: 20 crunches, 20 bicycle crunches, 20 leg raise, 20 scissor kicks, 20 hip lifts, PLANK!**

| SUNDAY  | MONDAY                              | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   |
|---|-------------------------------------|---|---|--|--|--|
| <p>—</p> <p><b>Measurements:</b><br/>Waist: _____<br/>Abdomen: _____<br/>100: __Min __Sec<br/>Plank: _____Seconds</p> | <p>—</p> <p>Plank: _____Seconds</p> | <p>REMEMBER TO TAKE A PICTURE</p> <p>Plank: _____Seconds</p>  | <p>—</p> <p>Plank: _____Seconds</p>                         | <p>—</p> <p>Plank: _____Seconds</p>                            | <p>—</p> <p>Plank: _____Seconds</p>  | <p>Feeling Stronger?</p> <p>Plank: _____Seconds</p>                      |
| <p>100: __Min __Sec<br/>Plank: _____Seconds</p>   | <p>Plank: _____Seconds</p>          | <p>What are you most proud of?</p> <p>Plank: _____Seconds</p> | <p>Plank: _____Seconds</p>                                  | <p>Plank: _____Seconds</p>                                     | <p>Plank: _____Seconds</p>   | <p>Plank: _____Seconds</p>   |
| <p>100: __Min __Sec<br/>Plank: _____Seconds</p>   | <p>Plank: _____Seconds</p>          | <p>Plank: _____Seconds</p>                                    | <p>Plank: _____Seconds</p>                                  | <p>What's motivating you today?</p> <p>Plank: _____Seconds</p> | <p>Plank: _____Seconds</p>   | <p>How those Abs looking? Take a picture!</p> <p>Plank: _____Seconds</p> |
| <p>100: __Min __Sec<br/>Plank: _____Seconds</p>   | <p>Plank: _____Seconds</p>          | <p>POST SOMETHING FUN ON FB!</p> <p>Plank: _____Seconds</p>   | <p>Plank: _____Seconds</p>                                  | <p>Plank: _____Seconds</p>                                     | <p>What are you most looking forward to??</p> <p>Plank: _____Seconds</p>               | <p>Plank: _____Seconds</p>   |
| <p><b>Measurements:</b><br/>Waist: _____<br/>Abdomen: _____<br/>100: __Min __Sec<br/>Plank: _____Seconds</p>          | <p>Plank: _____Seconds</p>          | <p>Plank: _____Seconds</p>                                    | <p>What are you working for?</p> <p>Plank: _____Seconds</p> | <p>Plank: _____Seconds</p>                                     | <p>With a few 100 0 crunches down, how are you feeling?</p> <p>Plank: _____Seconds</p> | <p>Final Picture - How does it look?</p> <p>Plank: _____Seconds</p>      |

**YOU CAN DO ANYTHING YOU THINK YOU CAN!**

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