



30-Day Plank Challenge: Regular Plank + Side Plank, Level 1 – 4 Every Day! Get Ready to Get Strong!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>—</p> <p>Measurements: Waist: _____ Abdomen: _____</p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p><i>Flex your Abs – ready to see and feel them stronger in 30 days?</i></p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p>REMEMBER TO TAKE A BEFORE PICTURE</p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p><i>Fit Tip: Enlist support and make it public! Telling folks about your goals increases your chances of success!</i></p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p>Post of FB why you are doing this challenge!</p> <p>Plank Level: _____ Seconds Held: _____</p>
<p>—</p> <p>Feeling Stronger?</p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p><i>What are you most proud of? Be in an inspiration and post it on FB!</i></p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p><i>It may hurt a little now, but way less than chronic back pain later!</i></p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p>Remember other exercises will improve your plank times too!</p> <p>Plank Level: _____ Seconds Held: _____</p>
<p>—</p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p><i>Fit Tip: set small goals with rewards. How are you celebrating when you move up levels?</i></p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p>What’s motivating you today?</p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p>How are those Abs looking? Take a picture!</p> <p>Plank Level: _____ Seconds Held: _____</p>
<p>—</p> <p>Really look at your abs. look better than 3 weeks ago?</p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p>POST SOMETHING FUN ON FB!</p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p>What are you most looking forward to?</p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p><i>Fit Tip: Brag about your results! Inspire someone!</i></p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p>Plank Level: _____ Seconds Held: _____</p>
<p>—</p> <p>Measurements: Waist: _____ Abdomen: _____</p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p><i>Just do it – you’re almost done!</i></p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p>What are you working for?</p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p>How much did improve this month? Post our final results!</p> <p>Plank Level: _____ Seconds Held: _____</p>	<p>—</p> <p>Final Picture – How does it look?</p> <p>Plank Level: _____ Seconds Held: _____</p>

YOU CAN DO ANYTHING YOU THINK YOU CAN!

For regular motivation, support, inspiration visit www.facebook.com/30daychallengeseries