



**30-Day CORE Challenge: Ab Crunches, Bicycle Crunches, Back Extension, Leg Raise, Knee-Elbow Plank, Static Plank**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>—</p> <p><b>Week 1: 20 Reps 30 Sec Plank</b></p> <p>Plank: ____Seconds</p>	<p>—</p> <p><b>Before Measurements:</b> Waist: _____ Abdomen: ____</p> <p>Plank: ____Seconds</p>	<p>—</p> <p>REMEMBER TO TAKE A PICTURE</p> <p>Plank: ____Seconds</p>	<p>—</p> <p>Plank: ____Seconds</p>	<p>—</p> <p>Muffin tops are good for breakfast – not your waistline!</p> <p>Plank: ____Seconds</p>	<p>—</p> <p>Plank: ____Seconds</p>	<p>—</p> <p>Feeling Stronger?</p> <p>Plank: ____Seconds</p>
<p>—</p> <p><b>Week 2: 25 Reps 45 Sec Plank</b></p> <p>Plank: ____Seconds</p>	<p>—</p> <p>New Week – what’s your #1 Goal?</p> <p>Plank: ____Seconds</p>	<p>—</p> <p>Plank: ____Seconds</p>	<p>—</p> <p>What are you most proud of?</p> <p>Plank: ____Seconds</p>	<p>—</p> <p>Plank: ____Seconds</p>	<p>—</p> <p><b>FIT FRIDAY – FLAUNT IT!</b></p> <p>Plank: ____Seconds</p>	<p>—</p> <p>Plank: ____Seconds</p>
<p>—</p> <p><b>Week 3: 30 Reps 60 Sec Plank</b></p> <p>Plank: ____Seconds</p>	<p>—</p> <p>Plank: ____Seconds</p>	<p>—</p> <p>ARE YOU REACHING YOUR GOAL?</p> <p>Plank: ____Seconds</p>	<p>—</p> <p>Plank: ____Seconds</p>	<p>—</p> <p>What’s motivating you today?</p> <p>Plank: ____Seconds</p>	<p>—</p> <p>Plank: ____Seconds</p>	<p>—</p> <p>How those Abs looking? Take a picture!</p> <p>Plank: ____Seconds</p>
<p>—</p> <p><b>Week 4: 40 Reps 30 Sec Plank</b></p> <p>Plank: ____Seconds</p>	<p>—</p> <p>POST SOMETHING FUN ON FB!</p> <p>Plank: ____Seconds</p>	<p>—</p> <p>Plank: ____Seconds</p>	<p>—</p> <p>Who did you inspire today?</p> <p>Plank: ____Seconds</p>	<p>—</p> <p>Plank: ____Seconds</p>	<p>—</p> <p>What are you most looking forward to??</p> <p>Plank: ____Seconds</p>	<p>—</p> <p>Plank: ____Seconds</p>
<p>—</p> <p><b>Rest of Challenge: DO YOUR BEST! HOW STRONG ARE YOU NOW??</b></p> <p>Plank: ____Seconds</p>	<p>—</p> <p><b>After Measurements:</b> Waist: _____ Abdomen: ____</p> <p>Plank: ____Seconds</p>	<p>—</p> <p>What are you working for? Is it worth it?</p> <p>Plank: ____Seconds</p>	<p>—</p> <p>Plank: ____Seconds</p>	<p>—</p> <p>You just did 27 total minutes of Planks! HIGH 5!!!</p> <p>Plank: ____Seconds</p>	<p>—</p> <p>Plank: ____Seconds</p>	<p>—</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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