

30-Day Core Challenge Tracker

From the 30-Day Challenge Series & Eat. Drink & be Skinny!

Do This:	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Level 1: 20 Reps >30 Sec Plank	Day --- <input type="checkbox"/> Plank Sec:	Day --- <input type="checkbox"/> Plank Sec:	Day --- <input type="checkbox"/> Plank Sec:	Day --- <input type="checkbox"/> Plank Sec:	Day --- <input type="checkbox"/> Plank Sec:	Day --- <input type="checkbox"/> Plank Sec:	Day --- <input type="checkbox"/> Plank Sec:
Level 2: 25 Reps >45 Sec Plank	Day --- <input type="checkbox"/> Plank Sec:	Day --- <input type="checkbox"/> Plank Sec:	Day --- <input type="checkbox"/> Plank Sec:	Day --- <input type="checkbox"/> Plank Sec:	Day --- <input type="checkbox"/> Plank Sec:	Day --- <input type="checkbox"/> Plank Sec:	Day --- <input type="checkbox"/> Plank Sec:
Level 3: 30 Reps >60 Sec Plank	Day --- <input type="checkbox"/> Plank Sec:	Day --- <input type="checkbox"/> Plank Sec:	Day --- <input type="checkbox"/> Plank Sec:	Day --- <input type="checkbox"/> Plank Sec:	Day --- <input type="checkbox"/> Plank Sec:	Day --- <input type="checkbox"/> Plank Sec:	Day --- <input type="checkbox"/> Plank Sec:
Level 4: 40 Reps >75 Sec Plank	Day --- <input type="checkbox"/> Plank Sec:	Day --- <input type="checkbox"/> Plank Sec:	Day --- <input type="checkbox"/> Plank Sec:	Day --- <input type="checkbox"/> Plank Sec:	Day --- <input type="checkbox"/> Plank Sec:	Day --- <input type="checkbox"/> Plank Sec:	Day --- <input type="checkbox"/> Plank Sec:
Level 5: 50 Reps >90 Sec Plank	Day --- <input type="checkbox"/> Plank Sec:	Day --- <input type="checkbox"/> Plank Sec:	Bonus Day Day --- <input type="checkbox"/> Plank Sec:	Exercises: Basic Crunch Bicycle Crunch Leg Raise Back Extension Knee/Elbow Plank Static Plank	Beginning Measurements Bust:___ Waist:___ Abs:___ Thighs:___ Weight: _____ Body Fat: _____	You are: Strong Beautiful Brave Amazing	Ending Measurements Bust:___ Waist:___ Abs:___ Thighs:___ Weight: _____ Body Fat: _____