

30-Day Plank Challenge

from Teresa Marie Wellness & Eat. Drink & be Skinny!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>A Goal Without A Plan is Just a Wish!</i>	Day 1 Plank Benchmark Test Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _	Day 2 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _	Day 3 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _	Day 4 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _	Day 5 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _	Day 6 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _
	Day 7 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _	Day 8 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _	Day 8 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _	Day 10 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _	Day 11 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _	Day 12 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _
Day 14 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _	Day 15 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _	Day 16 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _	Day 17 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _	Day 18 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _	Day 19 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _	Day 20 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _
Day 21 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _	Day 22 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _	Day 23 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _	Day 24 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _	Day 25 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _	Day 26 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _	Day 27 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _
Day 28 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _	Day 29 Plank Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _	Day 30 Plank Final Test Reg: Lvl: _ Sec: _ Side: Lvl: _ Sec: _	This Month's Goal:	This Month's Reward:	Starting Measurements bust ___ waist ___ abs ___ hips ___ Weight: ___	Final Measurements bust ___ waist ___ abs ___ hips ___ Weight: ___

Don't forget to take measurements and pictures on Day 1 and Day 30!

Visit www.facebook.com/teresamariewellness & www.eatdrinkandbeskinny.com for full details & instructions!