

30-Day Plank & Push-Up Challenge

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Your Goal:	Your Reward:	Day 1 Plank Benchmark Test Level: 1 2 3 --- Min --- Sec	Day 2 Push-up Benchmark Test Type: Knee Toe --- # Push-ups	Day 3 Plank ≥ Benchmark Level: 1 2 3 --- Min --- Sec	Day 4 Push-up ≥ Benchmark Type: Knee Toe --- # Push-ups	Day 5 Challengers Choice Rest Test Repeat -----
Day 6 Plank ≥ Benchmark+30 Level: 1 2 3 --- Min --- Sec	Day 7 Push-up ≥ Benchmark+15 Type: Knee Toe --- # Push-ups	Day 8 Plank ≥ Benchmark+30 Level: 1 2 3 --- Min --- Sec	Day 9 Push-up ≥ Benchmark+15 Type: Knee Toe --- # Push-ups	Day 10 Plank ≥ Benchmark+30 Level: 1 2 3 --- Min --- Sec	Day 11 Push-up ≥ Benchmark+15 Type: Knee Toe --- # Push-ups	Day 12 Challengers Choice Rest Test Repeat -----
Day 13 Plank ≥ Last Week +30 Level: 1 2 3 --- Min --- Sec	Day 14 Push-up ≥ Last Week +15 Type: Knee Toe --- # Push-ups	Day 15 Plank ≥ Last Week +30 Level: 1 2 3 --- Min --- Sec	Day 16 Push-up ≥ Last Week +15 Type: Knee Toe --- # Push-ups	Day 17 Plank ≥ Last Week +30 Level: 1 2 3 --- Min --- Sec	Day 18 Push-up ≥ Last Week +15 Type: Knee Toe --- # Push-ups	Day 19 Challengers Choice Rest Test Repeat -----
Day 20 Plank ≥ Last Week +30 Level: 1 2 3 --- Min --- Sec	Day 21 Push-up ≥ Last Week +15 Type: Knee Toe --- # Push-ups	Day 22 Plank ≥ Last Week +30 Level: 1 2 3 --- Min --- Sec	Day 23 Push-up ≥ Last Week +15 Type: Knee Toe --- # Push-ups	Day 24 Plank ≥ Last Week +30 Level: 1 2 3 --- Min --- Sec	Day 25 Push-up ≥ Last Week +15 Type: Knee Toe --- # Push-ups	Day 26 Challengers Choice Rest Test Repeat -----
Day 27 Plank ≥ Last Week +30 Level: 1 2 3 --- Min --- Sec	Day 28 Push-up ≥ Last Week +15 Type: Knee Toe --- # Push-ups	Day 29 Plank Final Test Level: 1 2 3 --- Min --- Sec	Day 30 Push-up Final Test Type: Knee Toe --- # Push-ups	Starting Measurements bust --- waist --- abs --- hips --- Weight: ---	Final Measurements bust --- waist --- abs --- hips --- Weight: ---	<i>"It's not about being perfect, it's about being better!"</i>

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