

EASY 30 DAY **PLANK** CHALLENGE

Day 1 ☐ 20 seconds Mood	Day 2 ☐ 25 seconds 	Day 3 ☐ 30 seconds 	Day 4 ☐ 35 seconds 	Day 5 ☐ 40 seconds
Day 6 Rest 	Day 7 ☐ 45 seconds 	Day 8 ☐ 50 seconds 	Day 9 ☐ 55 seconds 	Day 10 ☐ 60 seconds (1 minute)
Day 11 ☐ 65 seconds (1 min 5 sec) 	Day 12 Rest 	Day 13 ☐ 70 seconds (1 min 10 sec) 	Day 14 ☐ 75 seconds (1 min 15 sec) 	Day 15 ☐ 80 seconds (1 min 20 sec)
Day 16 ☐ 85 seconds (1 min 25 sec) 	Day 17 ☐ 90 seconds (1 min 30 sec) 	Day 18 Rest 	Day 19 ☐ 95 seconds (1 min 35 sec) 	Day 20 ☐ 100 seconds (1 min 40 sec)
Day 21 ☐ 105 seconds (1 min 45 sec) 	Day 22 ☐ 110 seconds (1 min 50 sec) 	Day 23 ☐ 115 seconds (1 min 55 sec) 	Day 24 Rest 	Day 25 ☐ 120 seconds (2 minutes)
Day 26 ☐ 130 seconds (2 min 10 sec) 	Day 27 ☐ 140 seconds (2 min 20 sec) 	Day 28 ☐ 150 seconds (2 min 30 sec) 	Day 29 ☐ 160 seconds (2 min 40 sec) 	Day 30 ☐ 180 seconds (3 minutes)

CHALLENGE SCHEDULE

Track your progress by ticking off the number of reps and hold times. Includes the space for your notes and mood change tracking.

