

# August 2017

## ~ Plank Challenge ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> <b>20sec</b> <input type="checkbox"/> Done <input type="checkbox"/> Extra	<b>2</b> <b>25sec</b> <input type="checkbox"/> Done <input type="checkbox"/> Extra	<b>3</b> <b>REST</b> <input type="checkbox"/>	<b>4</b> <b>REST</b> <input type="checkbox"/>	<b>5</b> <b>30sec</b> <input type="checkbox"/> Done <input type="checkbox"/> Extra
<b>6</b> <b>40sec</b> <input type="checkbox"/> Done <input type="checkbox"/> Extra	<b>7</b> <b>45sec</b> <input type="checkbox"/> Done <input type="checkbox"/> Extra	<b>8</b> <b>50sec</b> <input type="checkbox"/> Done <input type="checkbox"/> Extra	<b>9</b> <b>REST</b> <input type="checkbox"/>	<b>10</b> <b>REST</b> <input type="checkbox"/>	<b>11</b> <b>55sec</b> <input type="checkbox"/> Done <input type="checkbox"/> Extra	<b>12</b> <b>60sec</b> <input type="checkbox"/> Done <input type="checkbox"/> Extra
<b>13</b> <b>REST</b> <input type="checkbox"/>	<b>14</b> <b>REST</b> <input type="checkbox"/>	<b>15</b> <b>70sec</b> <input type="checkbox"/> Done <input type="checkbox"/> Extra	<b>16</b> <b>75sec</b> <input type="checkbox"/> Done <input type="checkbox"/> Extra	<b>17</b> <b>80sec</b> <input type="checkbox"/> Done <input type="checkbox"/> Extra	<b>18</b> <b>85sec</b> <input type="checkbox"/> Done <input type="checkbox"/> Extra	<b>19</b> <b>90sec</b> <input type="checkbox"/> Done <input type="checkbox"/> Extra
<b>20</b> <b>100sec</b> <input type="checkbox"/> Done <input type="checkbox"/> Extra	<b>21</b> <b>REST</b> <input type="checkbox"/>	<b>22</b> <b>REST</b> <input type="checkbox"/>	<b>23</b> <b>105sec</b> <input type="checkbox"/> Done <input type="checkbox"/> Extra	<b>24</b> <b>110sec</b> <input type="checkbox"/> Done <input type="checkbox"/> Extra	<b>25</b> <b>115sec</b> <input type="checkbox"/> Done <input type="checkbox"/> Extra	<b>26</b> <b>120sec</b> <input type="checkbox"/> Done <input type="checkbox"/> Extra
<b>27</b> <b>120sec</b> <input type="checkbox"/> Done <input type="checkbox"/> Extra	<b>28</b> <b>120sec</b> <input type="checkbox"/> Done <input type="checkbox"/> Extra	<b>29</b> <b>REST</b> <input type="checkbox"/>	<b>30</b> <b>REST</b> <input type="checkbox"/>	<b>31</b> <b>Max</b> <input type="checkbox"/>	<b>Notes:</b>	

**\*\*Check the boxes as you finish the days. Rest days do not need to be taken in any order. Pictured above are the days I work and I will rest on those days. Let's do this!!**