

# THANKS & PLANKS (CHALLENGE)

(NAME) \_\_\_\_\_



Pick 20 days in the month to reflect on what you're thankful for.  
Complete the plank challenge for the day and check off each day as you go.



<p>1. I am thankful for: <input type="checkbox"/></p> <p><b>20 sec Plank</b></p>	<p>2. I am thankful for: <input type="checkbox"/></p> <p><b>20 sec Plank Shoulder Taps</b></p>	<p>3. I am thankful for: <input type="checkbox"/></p> <p><b>20 sec Plank Twists</b></p>	<p>4. I am thankful for: <input type="checkbox"/></p> <p><b>20 sec Walk Out Planks</b></p>	<p>5. I am thankful for: <input type="checkbox"/></p> <p><b>20 sec Plank Push-Ups</b></p>
<p>6. I am thankful for: <input type="checkbox"/></p> <p><b>30 sec Plank</b></p>	<p>7. I am thankful for: <input type="checkbox"/></p> <p><b>30 sec Plank Shoulder Taps</b></p>	<p>8. I am thankful for: <input type="checkbox"/></p> <p><b>30 sec Plank Twists</b></p>	<p>9. I am thankful for: <input type="checkbox"/></p> <p><b>30 sec Walk Out Planks</b></p>	<p>10. I am thankful for: <input type="checkbox"/></p> <p><b>30 sec Plank Push-Ups</b></p>
<p>11. I am thankful for: <input type="checkbox"/></p> <p><b>45 sec Plank</b></p>	<p>12. I am thankful for: <input type="checkbox"/></p> <p><b>45 sec Plank Shoulder Taps</b></p>	<p>13. I am thankful for: <input type="checkbox"/></p> <p><b>45 sec Plank Twists</b></p>	<p>14. I am thankful for: <input type="checkbox"/></p> <p><b>45 sec Walk Out Planks</b></p>	<p>15. I am thankful for: <input type="checkbox"/></p> <p><b>45 sec Plank Push-Ups</b></p>
<p>16. I am thankful for: <input type="checkbox"/></p> <p><b>1 min Plank</b></p>	<p>17. I am thankful for: <input type="checkbox"/></p> <p><b>1 min Plank Shoulder Taps</b></p>	<p>18. I am thankful for: <input type="checkbox"/></p> <p><b>1 min Plank Twists</b></p>	<p>19. I am thankful for: <input type="checkbox"/></p> <p><b>1 min Walk Out Planks</b></p>	<p>20. I am thankful for: <input type="checkbox"/></p> <p><b>1 min Plank Push-Ups</b></p>

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