

HyVee.

KIDSFIT

# Thanks & Planks Challenge

NAME \_\_\_\_\_



Pick 5 days this month to reflect on what you're thankful for.  
Complete the plank challenge for the day and check off each day as you go.



1. <input type="checkbox"/>	2. <input type="checkbox"/>	3. <input type="checkbox"/>	4. <input type="checkbox"/>	5. <input type="checkbox"/>
I am thankful for:	I am thankful for:	I am thankful for:	I am thankful for:	I am thankful for:
<b>30 sec Plank</b>	<b>30 sec Plank Shoulder Taps</b>	<b>30 sec Plank Twists</b>	<b>30 sec Walk Out Planks</b>	<b>30 sec Plank Push-Ups</b>

**Exercise Duration: Rookie: 30 sec / Pro: 45 sec / All-Star: 60 sec**

## PRO TIP

Continue this challenge and increase the time you spend reflecting on your thankfulness while completing the movement!



# JOIN THE CLUB

or submit your challenge for the chance to win prizes!



To learn the planks, scan here

