



REMEMBER & GIVE THANKS *and* DO PLANKS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Student: _____ Total Days Completed: _____

Teacher: _____ Parent Signature: _____



REMEMBER & GIVE THANKS *and* DO PLANKS

PLANK EXERCISES – Choose 1 Timed Plank Exercise and 3 Counted Plank Exercises each day from the list of 10 plank variations below!

Go to [youtube.com](https://www.youtube.com) to see videos of each exercise!



TIMED PLANK

EXERCISES – Hold for at least 20 seconds.

Increase time each day for your personal best.

- High Plank (on hands)
- Low Plank (on elbows)



LEVELS

Level 1-Complete 1 round of planks

Level 2-Complete 2 rounds of planks

Level 3-Complete 3 rounds of planks



COUNTED PLANK EXERCISES

- Plank Shoulder Touches – 10 repetitions each shoulder



- Up-Down Plank – 10 repetitions
- Arm Raise – 5 repetitions each arm
- Plank Jacks – 10 repetitions
- Knee-to-Elbow Plank – 5 repetitions each leg
- Toe Tap Plank – 10 repetitions each side
- Plank Leg Raise – 10 repetitions each leg
- Knee Tap Plank (Low) – 10 repetitions each knee