



Be PLANKFUL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 35 seconds	40 seconds	3 45 seconds	4 50 seconds	5 55 seconds
6 1 minute	7 1 minute 5 seconds	8 1 minute 10 seconds	9 1 minute 15 seconds	10 1 minute 20 seconds	11 1 minute 25 seconds	12 1 minute 30 seconds
13 1 minute 35 seconds	14 1 minute 40 seconds	15 1 minute 45 seconds	16 1 minute 50 seconds	17 1 minute 55 seconds	18 2 minutes	19 2 minutes 5 seconds
20 2 minutes 10 seconds	21 2 minutes 15 seconds	22 2 minutes 20 seconds	23 2 minutes 25 seconds	24 2 minutes 30 seconds! You did it!	25	26
27	28	29	30	1	2	3

