


PLANKSGIVING

CHALLENGE

RULES TO FOLLOW THIS MONTH

ACTIVITY

- ☐ Do listed cardio on desired machine
- ☐ Do listed plank time, if too long hold as long as you're able.
- ☐ Post completed days with a check 

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MIND

- ☐ Say a morning affirmation/prayer in the morning before checking phone.
- ☐ Weekly selfcare

ACCOUNTABILITY

- ☐ Join my broadcast "Good People"

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PROGRESS +
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Use this guide to track your
progress each week.

PLANKSGIVING

CHALLENGE

C= CARDIO P= PLANK

- ☐ Nov 6th: C-15 min P-20 sec
 - ☐ Nov 7th: C-15 min P-30 sec
 - ☐ Nov 8th: C-15 min P-35 sec
 - ☐ Nov 9th: C-15 min P-40 sec
 - ☐ Nov 10th: C-**REST** P-45 sec
 - ☐ Nov 11th: C-**REST** P-45 sec
 - ☐ Nov 12th: C-20 min **REST**
-
- ☐ Nov 13th: C-20 min P-55 sec
 - ☐ Nov 14th: C-20 min P-55 sec
 - ☐ Nov 15th: C-20 min P-1 min
 - ☐ Nov 16th: C-20 min P- 1 min
 - ☐ Nov 17th: C-**REST** P- 1 min 10 sec
 - ☐ Nov 18th: C-**REST** P-1 min 10 sec
 - ☐ Nov 19th: C-25 min P-**REST**
-
- ☐ Nov 20th: C-25 min P-1 min 20 sec
 - ☐ Nov 21th: C-25 min P-1 min 25 sec
 - ☐ Nov 22th: C-25 min P-1 min 30 sec

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CHALLENGE

C= CARDIO P= PLANK

- ☐ Nov 23th: C-25 min P -1 min 35 sec
- ☐ Nov 24th: C-25 min P - 1 min 40 sec
- ☐ Nov 25th: **ENJOY YOUR FOOD** 🦃
- ☐ Nov 26th: C-30 min P-40 sec
- ☐ Nov 27th: C-30 min P- 1 min 45 sec
- ☐ Nov 28th: C-30 min P- 1 min 50 sec
- ☐ Nov 29th: C-30 min P- 1 min 55 sec
- ☐ Nov 30th: C-30 min P- 2 min 🙌🥳

HOW'D YOU DO?

TOTAL CHECKS _____ / 25

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