

# Planksgiving Challenge!



SUN	MON	TUE	WED	THU	FRI	SAT
		1 20 Seconds	2 20 Seconds	3 25 Seconds	4 25 Seconds	5 30 Seconds
6 30 Seconds	7 35 Seconds	8 35 Seconds	9 40 Seconds	10 40 Seconds	11 45 Seconds	12 45 Seconds
13 50 Seconds	14 50 Seconds	15 55 Seconds	16 60 Seconds	17 60 Seconds	18 65 Seconds	19 70 Seconds
20 75 Seconds	21 75 Seconds	22 80 Seconds	23 80 Seconds	24 85 Seconds	25 85 Seconds	26 90 Seconds
27 95 Seconds	28 95 Seconds	29 100 Seconds!	30 100 Seconds!			

