Planksgiving Challenge November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10 seconds Walk _____
2 10 seconds Walk _____	3 10 seconds Walk _____	4 15 seconds Walk _____	5 15 seconds Walk _____	6 15 seconds Walk _____	7 20 seconds Walk _____	8 20 seconds Walk _____
9 20 seconds Walk _____	10 25 seconds Walk _____	11 25 seconds Walk _____	12 25 seconds Walk _____	13 30 seconds Walk _____	14 30 seconds Walk _____	15 30 seconds Walk _____
16 35seconds Walk _____	17 35 seconds Walk _____	18 35 seconds Walk _____	19 40 seconds Walk _____	20 40 seconds Walk _____	21 40 seconds Walk _____	22 45 seconds Walk _____
23 45 seconds Walk _____	24 45 seconds Walk _____	25 50 seconds Walk _____	26 50 seconds Walk _____	27 50 seconds Walk _____	28 55 seconds Walk _____	29 55 seconds Walk _____
30 60 seconds Walk _____						

Notes

Your paragraph text