

# 30 DAYS of THANKS and PLANKS

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

Student: \_\_\_\_\_

Total Days Completed: \_\_\_\_\_

Teacher: \_\_\_\_\_

Parent Signature: \_\_\_\_\_



# 30 DAYS of THANKS and PLANKS

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

## TIMED PLANK

EXERCISES - Hold for at least 20 seconds.  
Increase time daily.

- High Plank
- Low Plank

## LEVELS

Level 1-Complete 1 round

Level 2-Complete 2 rounds

Level 3-Complete 3 rounds

## GIVING THANKS

Think of someone or something you're thankful for, and write it on the calendar each day.



Scan this QR code to see a video of each exercise!



## COUNTED PLANK

### EXERCISES

- Plank Shoulder Touches – 10 reps each shoulder
- Up-Down Plank – 10 reps
- Arm Raise – 5 reps each
- Plank Jacks – 10 reps
- Knee-to-Elbow Plank – 5 reps each leg
- Toe Tap Plank – 10 reps each side
- Plank Leg Raise – 10 reps each leg
- Knee Tap Plank – 10 reps each knee