



Plank Every Day in October

Calendar

Keep track of your planks
in October 2026

			Lets go! Time to start your planks.				
			1	2	3	4	
5	6	7	One week down! You're smashing it!	8	9	10	11
12		13		You're halfway! Keep going!	16	17	18
19	20	21				Only one week to go.	
22	23	24	25				
26	Keep going, you're nearly there!	27			You've done it! Now rest your arms, hero.	31	
28				29	30		

Visit cruk.org/plankeveryday



Together we are
beating cancer