

30 Day Plank Challenge Calendar



Together we are
beating cancer

Keep track of your planks in April



| | | | | | | | | | | | |
|----|-------------------------------------|-------------------------|---|-----------------|--|---|----|----|--|--|--|
| | | Time to start planking! | | | | | | | | | |
| | | 1 | 2 | 3 | 4 | 5 | | | | | |
| 6 | One week down – you’re smashing it! | 7 | 8 | 9 | 10 |  | 11 | 12 | | | |
| 13 | | 14 |  | 15 | 16 | 17 | 18 | 19 | | | |
| 20 | | 21 | 22 | 23 | Keep on planking! Only one week to go | 24 | 25 | 26 | | | |
| 27 | | 28 | 29 | You’ve done it! |  | | | | | | |
| | | 30 | | | | | | | | | |

Visit cruk.org/plankchallenge