



Week 6 Plank Mini Challenge Tracker

Final Week 5 Standard Plank Baseline Time:	Final Week 5 Right Side Plank Baseline Time:	Final Week 5 Left Side Plank Baseline Time:	Final Week 5 Straight-arm Plank Baseline Time:
_____	_____	_____	_____

It's About Time

This week we are going to keep going with all three planks we have learned and really challenge ourself with added time. This is the last week of the Mini Challenge, so give it all you've got!



DAY	ACTION STEP(S)/PLANK HOLD	REPEAT	COMPLETED
36	Final Week 5 Standard Plank Baseline Time + 10 seconds + Final Week 5 Right Side Plank Baseline Time + 10 seconds + Final Week 5 Left Side Plank Baseline Time + 10 seconds + Final Week 5 Straight-arm Plank Baseline Time + 10 seconds	2 times	<input type="checkbox"/>
37	Final Week 5 Standard Plank Baseline Time + 10 seconds + Final Week 5 Right Side Plank Baseline Time + 10 seconds + Final Week 5 Left Side Plank Baseline Time + 10 seconds + Final Week 5 Straight-arm Plank Baseline Time + 10 seconds	3 times	<input type="checkbox"/>
38	Final Week 5 Standard Plank Baseline Time + 20 seconds + Final Week 5 Right Side Plank Baseline Time + 20 seconds + Final Week 5 Left Side Plank Baseline Time + 20 seconds + Final Week 5 Straight-arm Plank Baseline Time + 20 seconds	2 times	<input type="checkbox"/>
39	Final Week 5 Standard Plank Baseline Time + 20 seconds + Final Week 5 Right Side Plank Baseline Time + 20 seconds + Final Week 5 Left Side Plank Baseline Time + 20 seconds + Final Week 5 Straight-arm Plank Baseline Time + 20 seconds	3 times	<input type="checkbox"/>
40	Final Week 5 Standard Plank Baseline Time + 30 seconds + Final Week 5 Right Side Plank Baseline Time + 30 seconds + Final Week 5 Left Side Plank Baseline Time + 30 seconds + Final Week 5 Straight-arm Plank Baseline Time + 30 seconds	2 times	<input type="checkbox"/>
41	Final Week 5 Standard Plank Baseline Time + 30 seconds + Final Week 5 Right Side Plank Baseline Time + 30 seconds + Final Week 5 Left Side Plank Baseline Time + 30 seconds + Final Week 5 Straight-arm Plank Baseline Time + 30 seconds	3 times	<input type="checkbox"/>
42	Final Week 5 Standard Plank Baseline Time + 40 seconds + Final Week 5 Right Side Plank Baseline Time + 40 seconds + Final Week 5 Left Side Plank Baseline Time + 40 seconds + Final Week 5 Straight-arm Plank Baseline Time + 40 seconds	3 times	<input type="checkbox"/>

CONGRATULATIONS! YOU DID IT!

Only points entered and submitted online at hdhealthchallenge.com will be counted towards your points total. Points can only be entered for the current & prior week during the Challenge.

Please consult with your physician prior to starting any kind of diet, exercise or wellness program. This program is not intended to give medical, nutritional or wellness advice.