

# FEB PLANK CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
		1 0:20	2 0:20	3 0:30	4 0:30	5 0:40
6 REST	7 0:45	8 0:45	9 1:00	10 1:00	11 1:00	12 1:30
13 REST	14 1:30	15 1:30	16 2:00	17 2:00	18 2:30	19 REST
20 2:30	21 2:30	22 3:00	23 3:00	24 3:30	25 REST	26 3:30
27 4:00	28 LAST PLANKING DAY					

**LAST PLANKING DAY TOTAL**

