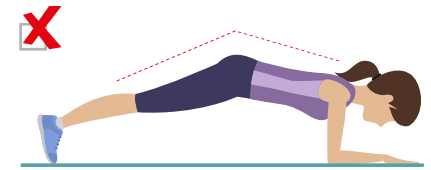
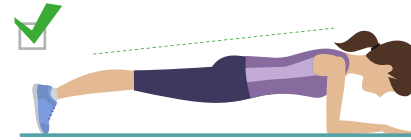




Week 1 Plank Mini Challenge Tracker

Fundamentals

Way to go for going above & beyond and joining your fellow orange-blooded associates in this Mini Challenge. You might be asking yourself what is a plank – don't worry we have you covered. This week you will not only learn what one is, but you will be a master of one by week's end.



DAY	ACTION STEP(S)/PLANK HOLD	REPEAT	COMPLETED
1	<ul style="list-style-type: none"> - Learn about a standard plank. - Prepare yourself for the rest of the Plank Mini Challenge with a location for your planking. - Make a plan. Create a calendar appointment or reminder to mark the time you will do your Plank Mini Challenge each day. 	N/A	<input type="checkbox"/>
2	<ul style="list-style-type: none"> - Get started by learning the feel of the correct form (it might take a couple of tries). - Once you have it down, create your Week 1 Baseline Time (this is how many seconds you can hold the standard plank in the correct form). Week 1 Standard Plank Baseline Time: _____	N/A	<input type="checkbox"/>
3	Week 1 Standard Plank Baseline Time: _____	3 times	<input type="checkbox"/>
4	Week 1 Standard Plank Baseline Time: _____	4 times	<input type="checkbox"/>
5	Week 1 Standard Plank Baseline Time: _____	5 times	<input type="checkbox"/>
6	Week 1 Standard Plank Baseline Time: _____	6 times	<input type="checkbox"/>
7	Week 1 Standard Plank Baseline Time: _____	7 times	<input type="checkbox"/>

Final Week 1 Standard Plank Baseline Time: _____

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.