



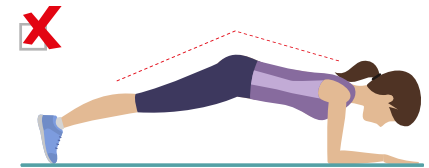
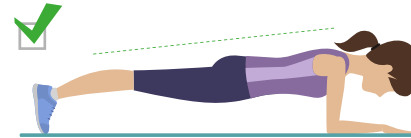
# Week 2 Plank Mini Challenge Tracker

Final Week 1 Standard Plank Baseline Time: \_\_\_\_\_

## Baseline+

Way to go on finishing Week 1! I bet you are already starting to feel a little stronger.

This week we are going to work on increasing our Baseline Time. Each day you will be challenged to hold for a few more seconds longer. As a reminder, you want to give your muscles the oxygen they need, so don't hold your breath while in the plank position. Also watch that your bottom does not creep up like an inch worm either.



DAY	ACTION STEP(S)/PLANK HOLD	REPEAT	COMPLETED
8	- Make a plan. Create a calendar appointment or reminder to mark the time you will do your Plank Mini Challenge each day. - Final Week 1 Baseline Time + 5 seconds = New Week 2 Standard Plank Baseline Time	2 times	<input type="checkbox"/>
9	Week 2 Standard Plank Baseline Time: _____	3 times	<input type="checkbox"/>
10	Week 2 Standard Plank Baseline Time: _____	4 times	<input type="checkbox"/>
11	Week 2 Standard Plank Baseline Time: _____	5 times	<input type="checkbox"/>
12	Week 2 Standard Plank Baseline Time: _____ + 5 seconds = Final Week 2 Standard Plank Baseline Time	2 times	<input type="checkbox"/>
13	Final Week 2 Standard Plank Baseline Time: _____	3 times	<input type="checkbox"/>
14	Final Week 2 Standard Plank Baseline Time: _____	4 times	<input type="checkbox"/>

Final Week 2 Standard Plank Baseline Time: \_\_\_\_\_

This will be your final Standard Plank Baseline Time you will use again in Week 5.

Only points entered and submitted online at [hdhealthchallenge.com](http://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.