

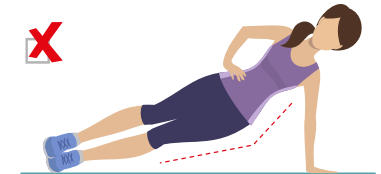
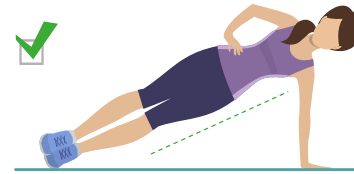


Week 3 Plank Mini Challenge Tracker

On Your Side

You are doing great! Keep the progress going.

This week we are going to work on learning and mastering the side plank. It might feel awkward at first, but keep at it, and soon you will be rocking it.



| DAY | ACTION STEP(S)/PLANK HOLD | REPEAT | COMPLETED |
|-----|---|-------------------|--------------------------|
| 15 | <ul style="list-style-type: none"> - Learn about a side plank. - 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 3 Side Plank Baseline Time (this is how many seconds you can hold the side plank in the correct form). - Now you will switch sides and try it on the opposite side. Make sure you take the time to learn the correct form on this side. - Once you have it down, create your Week 3 Side Plank Baseline Time. You may notice one side being stronger than the other side. Week 3 Right Side Plank Baseline Time: _____ Week 3 Left Side Plank Baseline Time: _____ | N/A | <input type="checkbox"/> |
| 16 | Week 3 Right Side Plank Baseline Time: _____ Week 3 Left Side Plank Baseline Time: _____ | 3 times each side | <input type="checkbox"/> |
| 17 | Week 3 Right Side Plank Baseline Time: _____ Week 3 Left Side Plank Baseline Time: _____ | 4 times each side | <input type="checkbox"/> |
| 18 | Week 3 Right Side Plank Baseline Time: _____ Week 3 Left Side Plank Baseline Time: _____ | 5 times each side | <input type="checkbox"/> |
| 19 | Week 3 Right Side Plank Baseline Time: _____ + 5 seconds = Final Week 3 Right Side Plank Baseline Time Week 3 Left Side Plank Baseline Time: _____ + 5 seconds = Final Week 3 Left Side Plank Baseline Time | 3 times each side | <input type="checkbox"/> |
| 20 | Final Week 3 Right Side Plank Baseline Time: _____ Final Week 3 Left Side Plank Baseline Time: _____ | 4 times each side | <input type="checkbox"/> |
| 21 | Final Week 3 Right Side Plank Baseline Time: _____ Final Week 3 Left Side Plank Baseline Time: _____ | 5 times each side | <input type="checkbox"/> |

| | |
|---|--|
| Final Week 3 Right Side Plank Baseline Time: _____ | Final Week 3 Left Side Plank Baseline Time: _____ |
|---|--|

This will be your final Right & Left Side Baseline Time you will use again in Week 5.

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.