



Week 5 Plank Mini Challenge Tracker

Final Week 2 Standard Plank Baseline Time:	Final Week 3 Right Side Plank Baseline Time:	Final Week 3 Left Side Plank Baseline Time:	Final Week 4 Straight-arm Plank Baseline Time:
_____	_____	_____	_____

Put It Together

This week we are going to put together all three planks. This will be probably your toughest week yet, but you can do it!



DAY	ACTION STEP(S)/PLANK HOLD	REPEAT	COMPLETED
29	Final Week 2 Standard Plank Baseline Time + Final Week 3 Right Side Plank Baseline Time + Final Week 3 Left Side Plank Baseline Time + Final Week 4 Straight-arm Plank Baseline Time	2 times	<input type="checkbox"/>
30	Final Week 2 Standard Plank Baseline Time + Final Week 3 Right Side Plank Baseline Time + Final Week 3 Left Side Plank Baseline Time + Final Week 4 Straight-arm Plank Baseline Time	3 times	<input type="checkbox"/>
31	Final Week 2 Standard Plank Baseline Time + Final Week 3 Right Side Plank Baseline Time + Final Week 3 Left Side Plank Baseline Time + Final Week 4 Straight-arm Plank Baseline Time	4 times	<input type="checkbox"/>
32	Final Week 2 Standard Plank Baseline Time + Final Week 3 Right Side Plank Baseline Time + Final Week 3 Left Side Plank Baseline Time + Final Week 4 Straight-arm Plank Baseline Time	5 times	<input type="checkbox"/>
33	Final Week 2 Standard Plank Baseline Time + 5 seconds = Final Week 5 Standard Plank Baseline Time + Final Week 3 Right Side Plank Baseline Time + 5 seconds = Final Week 5 Right Side Plank Baseline Time + Final Week 3 Left Side Plank Baseline Time + 5 seconds = Final Week 5 Left Side Plank Baseline Time + Final Week 4 Straight-arm Plank Baseline Time + 5 seconds = Final Week 5 Straight-arm Plank Baseline Time	3 times	<input type="checkbox"/>
34	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	4 times	<input type="checkbox"/>
35	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	5 times	<input type="checkbox"/>

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:
_____	_____	_____	_____

These will be your Final Week 5 Plank Baseline Times you will use again next week.

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.