



# Week 3

## Plank Time Baseline and Improvements

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Baseline time:</b> _____	<b>Additional time:</b> + _____	<b>Additional time:</b> + _____	<b>Additional time:</b> + _____	<b>Additional time:</b> + _____	<b>Additional time:</b> + _____	<b>Additional time:</b> + _____
	<b>Total time:</b> _____	<b>Total time:</b> _____	<b>Total time:</b> _____	<b>Total time:</b> _____	<b>Total time:</b> _____	<b>Total time:</b> _____

# Week 4

## Plank Time Baseline and Improvements

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Baseline time:</b> _____	<b>Additional time:</b> + _____	<b>Additional time:</b> + _____	<b>Additional time:</b> + _____	<b>Additional time:</b> + _____	<b>Additional time:</b> + _____	<b>Additional time:</b> + _____
	<b>Total time:</b> _____	<b>Total time:</b> _____	<b>Total time:</b> _____	<b>Total time:</b> _____	<b>Total time:</b> _____	<b>Total time:</b> _____

# Plank Variations

Check-off different plank styles throughout the challenge!

- Knee plank
- Straight-arm knee plank
- Forearm plank
- Straight-arm plank
- Tabletop plank
- Reverse tabletop plank
- Plank pulse
- Forearm to full plank
- Side plank on forearm
- Walking plank
- Plank with shoulder taps
- Spiderman plank
- Plank row
- Mountain climber
- Plank jack



# Hydration Tracker

Visit [gatorcare.org/water](http://gatorcare.org/water) to submit your weekly tracker!

Week of:

Daily water goal (oz.):

M

T

W

TH

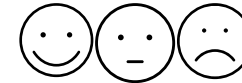
F

S

S

Cups of water (8 oz.)

Mood



Energy level



Notes

Be sure to log any changes you've experienced since starting the challenge in the notes section.