



# Plank & Water Tracker

Use this tracker to record your plank times and water intake daily.

**Aim for a 5-10 second increase in plank time each day! Bored of doing the same plank every day? Refer to the plank variation box to discover different plank variations! (next page)**

## Week 1

### Plank Time & Water Intake in Ounces



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Baseline time: _____	Total time: _____	Total time: _____	Total time: _____	Total time: _____	Total time: _____	Total time: _____
Water intake: _____OZ	Water intake: _____OZ	Water intake: _____OZ	Water intake: _____OZ	Water intake: _____OZ	Water intake: _____OZ	Water intake: _____OZ

## Week 2

### Plank Time & Water Intake in Ounces



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total time: _____	Total time: _____	Total time: _____	Total time: _____	Total time: _____	Total time: _____	Total time: _____
Water intake: _____OZ	Water intake: _____OZ	Water intake: _____OZ	Water intake: _____OZ	Water intake: _____OZ	Water intake: _____OZ	Water intake: _____OZ

**Don't forget to submit your results at the end of each week for a chance to win a \$25 Amazon e-gift card! Visit [GatorCare.org/water](http://GatorCare.org/water) for more information!**

# Week 3

## Plank Time & Water Intake in Ounces



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total time: _____	Total time: _____	Total time: _____	Total time: _____	Total time: _____	Total time: _____	Total time: _____
Water intake: _____OZ	Water intake: _____OZ	Water intake: _____OZ	Water intake: _____OZ	Water intake: _____OZ	Water intake: _____OZ	Water intake: _____OZ

# Week 4

## Plank Time & Water Intake in Ounces



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total time: _____	Total time: _____	Total time: _____	Total time: _____	Total time: _____	Total time: _____	Total time: _____
Water intake: _____OZ	Water intake: _____OZ	Water intake: _____OZ	Water intake: _____OZ	Water intake: _____OZ	Water intake: _____OZ	Water intake: _____OZ

# Plank Variations

Explore different plank styles throughout the challenge!

- Knee plank
- Reverse tabletop plank
- Plank with shoulder taps
- Straight-arm knee plank
- Plank dips
- Spiderman plank
- Forearm plank
- Forearms to full plank
- Plank rows
- Straight-arm plank
- Side plank
- Mountain climbers
- Tabletop plank
- Inchworms (walking plank)
- Plank jacks

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