

# GIVING THANKS *and* DOING PLANKS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b>	<b>2</b>	<b>3</b>
				I am thankful for:	I am thankful for:	I am thankful for:
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
I am thankful for:	I am thankful for:	I am thankful for:	I am thankful for:	I am thankful for:	I am thankful for:	I am thankful for:
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
I am thankful for:	I am thankful for:	I am thankful for:	I am thankful for:	I am thankful for:	I am thankful for:	I am thankful for:
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
I am thankful for:	I am thankful for:	I am thankful for:	I am thankful for:	I am thankful for:	I am thankful for:	I am thankful for:
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
I am thankful for:	I am thankful for:	I am thankful for:	I am thankful for:	I am thankful for:	I am thankful for:	

Student: \_\_\_\_\_ Total Days Completed: \_\_\_\_\_

Teacher: \_\_\_\_\_ Parent Signature: \_\_\_\_\_



# GIVING THANKS *and* DOING PLANKS

PLANK EXERCISES – Choose 1 Timed Plank Exercise and 3 Counted Plank Exercises each day from the list of 10 plank variations below!

Go to [Keepingkidsinmotion.com](http://Keepingkidsinmotion.com) to see a video of each exercise!



## TIMED PLANK

EXERCISES – Hold for at least 20 seconds.

Increase time each day for your personal best.

- High Plank (on hands)
- Low Plank (on elbows)

## LEVELS

Level 1–Complete 1 round of planks

Level 2–Complete 2 rounds of planks

Level 3–Complete 3 rounds of planks

## GIVING THANKS

Think of someone or something you're thankful for, and write it on the calendar each day.



## COUNTED PLANK EXERCISES

- Plank Shoulder Touches – 10 repetitions each shoulder
- Up-Down Plank – 10 repetitions
- Arm Raise – 5 repetitions each arm
- Plank Jacks – 10 repetitions
- Knee-to-Elbow Plank – 5 repetitions each leg
- Toe Tap Plank – 10 repetitions each side
- Plank Leg Raise – 10 repetitions each leg
- Knee Tap Plank (Low) – 10 repetitions each knee

