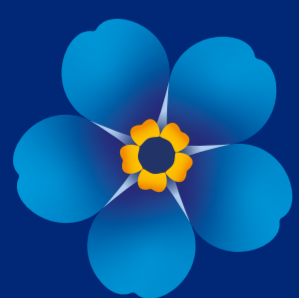


Planking Challenge Daily Tracker

Tally your time each day to keep track of your total across the month

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24
Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
Day 31	Well done. You've completed it.				



Alzheimer's Society
Plank
for dementia