

# 30 DAY

# PLANK CHALLENGE

[CLICK HERE TO  
LEARN HOW TO  
DO A PLANK!](#)

DAY 1	20 SECONDS	DAY 16	2 MINUTES
DAY 2	20 SECONDS	DAY 17	2 MINUTES
DAY 3	30 SECONDS	DAY 18	2 MIN 30 SECS
DAY 4	30 SECONDS	DAY 19	REST
DAY 5	40 SECONDS	DAY 20	2 MIN 30 SECS
DAY 6	REST	DAY 21	2 MIN 30 SECS
DAY 7	45 SECONDS	DAY 22	3 MINUTES
DAY 8	45 SECONDS	DAY 23	3 MINUTES
DAY 9	1 MINUTE	DAY 24	3 MIN 30 SECS
DAY 10	1 MINUTE	DAY 25	3 MIN 30 SECS
DAY 11	1 MINUTE	DAY 26	REST
DAY 12	1 MIN 30 SECS	DAY 27	4 MINUTES
DAY 13	REST	DAY 28	4 MINUTES
DAY 14	1 MIN 40 SECS	DAY 29	4 MINS 30 SECS
DAY 15	1 MIN 50 SECS	DAY 30	5 MINUTES

## TOP TIPS

Remember to share your sweaty selfies, telling everyone of your progress!

Know your limits and don't overdo it. Keep yourself hydrated and don't forget to reward yourself afterwards!

## GET SPONSORED

Set up a JustGiving page so your friends and family can get behind you!

Remember to let them know why you are taking on this challenge!

[CLICK HERE TO  
GET STARTED](#)



CHILDREN'S  
HEART  
SURGERY  
FUND

1 in 100 babies are still being born with heart disease and our heart warriors still need the best care. **You are helping us to keep supporting hearts. Now and for life.**