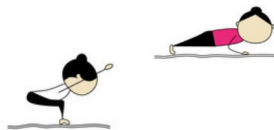


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>2</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>3</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>4</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>5</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>6</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>7</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:
<p>8</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>9</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>10</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>11</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>12</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>13</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>14</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:
<p>15</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>16</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>17</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>18</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>19</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>20</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>21</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:
<p>22</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>23</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>24</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>25</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>26</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>27</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>28</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:
<p>29</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>30</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:	<p>31</p> Plank: ___ mins Pushups: _____ Squats _____ Notes:				

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Plank & Push Up Squat Challenge



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