

Name: _____



Welborn Foundation
Wellness & Fitness Center

Planksgiving

30 Days of Planks and Thanks

PLANKING INSTRUCTIONAL VIDEO

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>As you're planking each day, we want you to think about one thing you're thankful for. Write it down when you're finished and put it in a jar or in a journal so you can go back and read them later.</p>					1 Plank=20 sec Downtown EVV Night Market, 5:00-8:00	2 Plank=20 sec Chilly Hilly 5K, Henderson
3 Plank=30 sec Daylight Savings Time Ends	4 Plank=30 sec Mindfulness Mondays, 11:30	5 REST DAY Filling Your Cup, 12pm, Lamkin Ctr	6 Plank=35 sec Work It Circuit, 11:30 National Stress Awareness Day	7 Plank=35 sec Family Free Night at CMOE, 5:00	8 Plank=45 sec Send a kind text to someone to give them en- couragement.	9 Plank=45 sec USI hike, 10:00 am Drumstick Dash, Evansville
10 Plank=50 sec Meet a friend for a cup of cof- fee or tea.	11 Plank=50 sec Mindfulness Mondays, 11:30 Thank a veteran	12 REST DAY Spend 10 minutes medi- tating or pray- ing.	13 Plank=55 sec Work It Circuit, 11:30 World Kindness Day	14 Plank=1 min	15 Plank=1 min Write down 5 things you're grateful for.	16 Plank=1 min 10s
17 Plank=1 min 20s National Take a Hike Day	18 Plank=1 min 20s Mindfulness Monday 11:30	19 REST DAY Try a new fruit or vegetable to- day.	20 Plank=1 min 30s Work It Circuit, 11:30	21 Plank=1 min 30s Stop Smoking Day	22 Plank=1 min 35s Make some pop- corn and watch a comedy.	23 REST DAY Gnome Run 5K, Day School
24 Plank=1 min 35s	25 Plank=1 min 40s Gratitude Medi- tation 11:30	26 REST DAY Volunteer at Gabler Gather- ing or Homeless Shelter	27 Plank=1 min 45s	28 Plank=1 min 50s Turkey Day 5K, EVV	29 Plank=1 min 55s	30 Plank=2 min Spend time in nature today-go for a hike in the woods.

You may choose any type of plank you wish. Please initial next to each day/duration you plank. Write your name at the top and turn in by December 1. You must plank for a minimum of 15 nonconsecutive days to be eligible for a prize. For anyone who does their Day 30 plank in front of the fitness center staff or shares a video doing their final plank will be eligible for a larger prize. Don't forget to write down something you're thankful for each day you plank.