

**FIT FOXES**

**GIVING THANKS *and* DOING PLANKS**

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

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******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!

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**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