

September 2015 Monthly Challenge Options

- Complete the 30-Day Plank Challenge:

30 DAY PLANK CHALLENGE				
1 20 sec	2 20 sec	3 30 sec	4 30 sec	5 40 sec
6 REST DAY	7 45 sec	8 45 sec	9 60 sec	10 60 sec
11 60 sec	12 90 sec	13 REST DAY	14 90 sec	15 90 sec
16 120 sec	17 120 sec	18 150 sec	19 REST DAY	20 150 sec
21 150 sec	22 180 sec	23 180 sec	24 210 sec	25 210 sec
26 REST DAY	27 240 sec	28 240 sec	29 270 sec	30 300 sec

- Eliminate eating/cooking fried food for the entire month of September. Bake, grill, or boil only!!!

NO



If you have any questions or concerns regarding the challenges, please feel free to schedule a time to talk with me. I want to help you meet these challenges!

WCDHD/B-Lemon/Positive Pulse Wellness Challenges/Positive Pulse Wellness

Original: 8/24/2015

Revised: