Plank Challenge

Wellness Staff will date and initial

Pre Test (For Max Time): _____

8/02 Test 8/03 Test 8/04 _____ 8/05 _____ 8/06 _____

8/09 _____ 8/10 _____ 8/11 _____ 8/12 _____ 8/13 _____

8/16 _____ 8/17 _____ 8/18 _____ 8/19 _____ 8/20 _____

8/23 _____ 8/24 _____ 8/25 _____ 8/26 _____ 8/27 _____

Name: _____

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