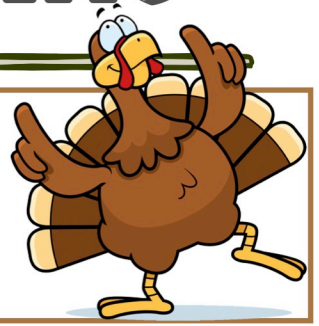


# Planks & Thanks



## 10 DAY P.E. CHALLENGE

1. PICK AND DO A PLANK EACH DAY.
2. WRITE WHAT YOU'RE THANKFUL FOR THAT DAY AND PRAISE GOD!
3. INVITE SOMEONE TO JOIN YOU.

### TIMED PLANKS

- \* LOW PLANK (ELBOWS)
- \* HIGH PLANK (HANDS)
- \* SIDE PLANK (EACH SIDE)

### COUNTED PLANKS

- \* SHOULDER TOUCHES
- \* DONKEY KICKS
- \* SUPERMAN
- \* SUPER DONKEYS
- \* SPIDERMAN
- \* TOE TAPS

## I Thank God for...

DAY 1:

DAY 2:

DAY 3:

DAY 4:

DAY 5:

DAY 6:

DAY 7:

DAY 8:

DAY 9:

DAY 10:

THE JOY OF THE  
LORD IS OUR REAL  
STRENGTH!  
NEH- 8:10

