



# 30 Day Ab Challenge!

|                  | Monday    | Tuesday   | Wednesday | Thursday  | Friday    | Saturday  | Sunday            |
|------------------|-----------|-----------|-----------|-----------|-----------|-----------|-------------------|
| Date             | 8/12/2013 | 8/13/2013 | 8/14/2013 | 8/15/2013 | 8/16/2013 | 8/17/2013 | 8/18/2013         |
| Day of Challenge | 1         | 2         | 3         | 4         | 5         | 6         | 7                 |
| 100 reps         |           |           |           |           |           |           |                   |
| Plank time       |           |           |           |           |           |           | Flat Abs Workout! |
| Date             | 8/19/2013 | 8/20/2013 | 8/21/2013 | 8/22/2013 | 8/23/2013 | 8/24/2013 | 8/25/2013         |
| Day of Challenge | 8         | 9         | 10        | 11        | 12        | 13        | 14                |
| 100 reps         |           |           |           |           |           |           |                   |
| Plank time       |           |           |           |           |           |           | Flat Abs Workout! |
| Date             | 8/26/2013 | 8/27/2013 | 8/28/2013 | 8/29/2013 | 8/30/2013 | 8/31/2013 | 9/1/2013          |
| Day of Challenge | 15        | 16        | 17        | 18        | 19        | 20        | 21                |
| 100 reps         |           |           |           |           |           |           |                   |
| Plank time       |           |           |           |           |           |           | Flat Abs Workout! |
| Date             | 9/2/2013  | 9/3/2013  | 9/4/2013  | 9/5/2013  | 9/6/2013  | 9/7/2013  | 9/8/2013          |
| Day of Challenge | 22        | 23        | 24        | 25        | 26        | 27        | 28                |
| 100 reps         |           |           |           |           |           |           |                   |
| Plank time       |           |           |           |           |           |           | Flat Abs Workout! |
| Date             | 9/9/2013  | 9/10/2013 |           |           |           |           |                   |
| Day of Challenge | 29        | 30        |           |           |           |           |                   |
| 100 reps         |           |           |           |           |           |           |                   |
| Plank time       |           |           |           |           |           |           |                   |