

HAPPY PLANKSGIVING

30 DAYS OF PLANKS & THANKS

EACH DAY STARTING WITH 20 SECONDS, TRACK YOUR PLANK PROGRESS AND WRITE DOWN ONE THING YOU'RE THANKFUL FOR. TAKE PHOTOS OF YOUR PLANKING AND ADD YOUR GRATEFULNESS POST TO SOCIAL MEDIA @SUPERVISORFOLEY WITH #PLANKSGIVING. SUBMIT YOUR COMPLETED CHALLENGE SHEET TO KATRINA.FOLEY@OCGOV.COM BY DECEMBER 5, 2023 FOR A CHANCE TO WIN A \$100 GROCERY GIFT CARD.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
20 SECONDS	30 SECONDS	30 SECONDS	35 SECONDS	REST DAY

DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
40 SECONDS	45 SECONDS	45 SECONDS	50 SECONDS	REST DAY

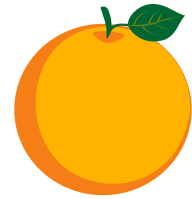
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
1 MINUTE	1 MINUTE	1 MINUTE 10 SECONDS	1 MINUTE 20 SECONDS	REST DAY YOU'RE HALFWAY THERE!

DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
1 MINUTE 20 SECONDS	1 MINUTE 30 SECONDS	1 MINUTE 30 SECONDS	1 MINUTE 45 SECONDS	REST DAY

DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
1 MINUTE 45 SECONDS	1 MINUTE 45 SECONDS	2 MINUTES	2 MINUTES	REST DAY

DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
2 MINUTES 10 SECONDS	2 MINUTES 15 SECONDS	2 MINUTES 30 SECONDS	2 MINUTES 45 SECONDS	3 MINUTES YOU DID IT!

PRIZE PROVIDED COURTESY OF SUPERVISOR KATRINA FOLEY AND MAY BE SUBJECT TO TAXATION.



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DAY 1:	DAY 16:
DAY 2:	DAY 17:
DAY 3:	DAY 18:
DAY 4:	DAY 19:
DAY 5:	DAY 20:
DAY 6:	DAY 21:
DAY 7:	DAY 22:
DAY 8:	DAY 23:
DAY 9:	DAY 24:
DAY 10:	DAY 25:
DAY 11:	DAY 26:
DAY 12:	DAY 27:
DAY 13:	DAY 28:
DAY 14:	DAY 29:
DAY 15:	DAY 30:

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