

November 2023 (30 Days of Thanks and Planks)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
<p>Welcome to our November Fitness Challenge!!!! Record your actual plank time on this calendar.</p>	<p>Each day write down something that you are thankful for on this calendar and share it in our STW fb group!!</p>	<p>www.slamtheweight.com</p>	25 sec	25 sec	30 sec	35 sec
5	6	7	8	9	10	11
40 sec	45 sec	45 sec	50 sec	1 minute	<p>Veterans Day (observed) 1 minute</p>	<p>Veterans Day 1 min, 10 sec</p>
12	13	14	15	16	17	18
1 minute, 20 sec.	1 minute, 20 sec	1 minute, 30 sec	1 minute, 30 sec	1 minute, 40 sec	1 minute, 40 sec	1 minute, 50 sec
19	20	21	22	23	24	25
1 minute, 50 sec	1 minute, 55 sec	2 minutes	2 minutes	<p>Thanksgiving Day 2 minutes, 15 sec</p>	2 minutes, 25 sec	2 minutes, 30 sec
26	27	28	29	30	1	2
2 minutes, 40 sec	2 minutes, 45 sec	2 minutes, 50 sec	2 minutes, 55 sec	<p>3 minutes Congratulations!!!!</p>		