FolarraStudio

Plank Challenge Tracker

hold · breathe · build

UNDATED · PRINTABLE · DAY BY DAY PLAN, TRACKER & RESULTS

This Tracker Belongs To

for anyone building a calmer, stronger life

NAME _____

STARTED ON _____

GOAL _____

WHY _____

REWARD _____

How to use this tracker

- Print the whole planner once, then print extra copies of the pages you use most, such as the Start and Plan pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Hold your plank each day, write the time and add a few seconds each week.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My challenge word

Why I took this challenge

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Before You Start

your starting point

Starting hold time

Goal hold time

Why I am doing this

Reward at the end

30 Day Plan

target and done

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

Choose Your Level

targets by week

WEEK	BEGINNER	INTERMEDIATE	ADVANCED
Week 1	20 sec	45 sec	90 sec
Week 2	30 sec	60 sec	2 min
Week 3	40 sec	75 sec	2.5 min
Week 4	50 sec	90 sec	3 min
Final	60 sec	2 min	4 min

30 Day Tracker

color each day completed

STARTED _____ FINISHED _____

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

Plank Variations

mix it up

VARIATION	TIP
Forearm plank	Elbows under shoulders
High plank	Hands under shoulders
Side plank	Stack your feet
Knee plank	Great for starting
Shoulder taps	Keep hips still
Plank jacks	Light, quick feet

Hold Time Log

seconds each day

DAY	FRONT PLANK	SIDE LEFT	SIDE RIGHT	FELT

Plank Form Checklist

check before each hold

Body

- [ ] Elbows under shoulders
- [ ] Straight line head to heels
- [ ] Hips level

Core

- [ ] Squeeze glutes
- [ ] Brace stomach

Breath

- [ ] Breathe steadily
- [ ] Stop if form breaks

Results

look how far you came

Day 1 vs final

Hardest day

Proudest moment

Next challenge

Notes



FolarraStudio

Thank you!

Thank you for choosing FolarraStudio. I hope this tracker makes everyday life a little calmer and more organized. If you enjoy it, tell a friend about folarrastudio.com.

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