



THANKS & PLANKS

Name: _____

Nov 1: _____

Nov 2: _____

Nov 3: _____

Nov 4: _____

Nov 5: _____

Nov 6: _____

Nov 7: _____

Nov 8: _____

Nov 9: _____

Nov 10: _____

Nov 11: _____

Nov 12: _____

Nov 13: _____

Nov 14: _____

Nov 15: _____

Nov 16: _____

Nov 17: _____

Nov 18: _____

Nov 19: _____

Nov 20: _____

Nov 21: _____

Nov 22: _____

Nov 23: _____

Nov 24: _____

Nov 25: _____

Nov 26: _____

Nov 27: _____

Nov 28: _____

Nov 29: _____

Nov 30: _____

For each day, please write down a word or phrase of something you are very grateful for to focus on, during your plank session.