





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 PLANK in pajamas	2 PLANK w/ your pet	3 PLANK by the ocean 	4 Balance something on your back while PLANKING	5 PLANK w/ your beverage of choice
6 Household Chore PLANK	7 PLANK in nature	8 PLANK At work/with a colleague	9 PLANK w/ your favorite fruit/vegetable	10 PLANK behind someone who doesn't know you're there	11 PLANK w/ your favorite bartender, barista, or restaurant worker	12 PLANK On Main St.
13 PLANK w/ your morning coffee 	14 PLANK w/ someone you love 	15 PLANK in your favorite FD gear	16 PLANK at sunrise or sunset	17 PLANK w/ a first responder or frontline worker	18 (Paul's) Pizza PLANK	19 PLANK w/ a complete stranger
20 PLANK while showing support for your Favorite New England Sports Team	21 MARY ELLEN's PLANK	22 Elevated PLANK	23 PLANK w/ a pal	24 FESTIVE PLANK w/ a pumpkin or turkey 	25 PLANK in the middle of the street (safely)	26 Small Business (Sip & Shop) PLANK
27 PLANK in your favorite place	28 Party PLANK (3 or more is a party!)	29 PLANK w/ the FD sign	30 PLANK w/ something that begins with the letter "B"	Instagram: @fit_directions Facebook: Fitness Directions	Don't forget to tag us and hashtag: #FDplanksgiving HAVE FUN! GET CREATIVE!	Every PLANK post will earn you a raffle ticket for a chance to win a \$100 Gift Card to Fitness Directions!