



# HOLD STRONG FOR LAURALYNN

## Plank Challenge Tracker

day 1:

day 2:

day 3:

day 4:

day 5:

day 6:

day 7:

day 8:

day 9:

day 10:

day 11:

day 12:

day 13:

day 14:

day 15:

day 16:

day 17:

day 18:

day 19:

day 20:

day 21:

day 22:

day 23:

day 24:

day 25:

day 26:

day 27:

day 28:

day 29:

day 30:

**TOTAL:**

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**LauraLynn**  
IRELAND'S CHILDREN'S HOSPICE