<table>
<thead>
<tr>
<th>Day</th>
<th>Monday, August 7</th>
<th>Tuesday, August 8</th>
<th>Wednesday, August 9</th>
<th>Thursday, August 10</th>
<th>Friday, August 11</th>
<th>Saturday, August 12</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>40 Crunches</td>
<td>45 Crunches</td>
<td>50 Crunches</td>
<td>REST or find a fun activity!</td>
<td>55 Crunches</td>
<td>60 Crunches</td>
</tr>
<tr>
<td></td>
<td>16 Leg Raises</td>
<td>18 Leg Raises</td>
<td>20 Leg Raises</td>
<td></td>
<td>22 Leg Raises</td>
<td>24 Leg Raises</td>
</tr>
<tr>
<td></td>
<td>35 Second Plank</td>
<td>40 Second Plank</td>
<td>45 Second Plank</td>
<td></td>
<td>50 Second Plank</td>
<td>55 Second Plank</td>
</tr>
<tr>
<td>This week’s goal:</td>
<td>Stretch daily to increase flexibility.</td>
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<td></td>
<td>Avoid processed food.</td>
<td>Avoid processed food.</td>
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</tr>
</tbody>
</table>

This week’s goal: Avoid processed food.

Monday, August 7:
- 40 Crunches
- 16 Leg Raises
- 35 Second Plank

Tuesday, August 8:
- 45 Crunches
- 18 Leg Raises
- 40 Second Plank

Wednesday, August 9:
- 50 Crunches
- 20 Leg Raises
- 45 Second Plank

Thursday, August 10:
- REST or find a fun activity!

Friday, August 11:
- 55 Crunches
- 22 Leg Raises
- 50 Second Plank

Saturday, August 12:
- 60 Crunches
- 24 Leg Raises
- 55 Second Plank

**This week’s goal: Stretch daily to increase flexibility.**