

30 DAYS

plank it challenge

WWW.AKANNIBEAUTY.COM

MONTH OF:

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