

# 30 DAYS OF PLANKS, THANKS & GIVING

## Challenge

 Randall Lewis Center for  
Well-Being and Research  
University of La Verne

### Day 1

Plank: 30 secs  
Thankful: family  
Giving: text a family member to say hi

### Day 2

Plank: 30 secs  
Thankful: health  
Giving: smile at a stranger

### Day 3

Plank: 30 secs  
Thankful: freedom to vote  
Giving: text a friend to check-in

### Day 4

Plank: 30 secs  
Thankful: friends  
Giving: tell someone you appreciate them

### Day 5

Plank: 30 secs  
Thankful: education  
Giving: make or give someone a gift

### Day 6

Plank: 40 secs  
Thankful: sunshine  
Giving: make/buy dinner for someone

### Day 7

Plank: 40 secs  
Thankful: my job  
Giving: donate time, \$, or items

### Day 8

Plank: 40 secs  
Thankful: shelter  
Giving: tell someone you love them

### Day 9

Plank: 40 secs  
Thankful: music  
Giving: give someone a compliment

### Day 10

Plank: 40 secs  
Thankful: laughter  
Giving: open the door for someone

### Day 11

Plank: 45 secs  
Thankful: love  
Giving: call a friend to say hello

### Day 12

Plank: 45 secs  
Thankful: for opportunities  
Giving: compliment someone

### Day 13

Plank: 45 secs  
Thankful: electricity  
Giving: send a "thinking of you" card to someone

### Day 14

Plank: 45 secs  
Thankful: weekends  
Giving: make someone laugh

### Day 15

Plank: 45 secs  
Thankful: pets  
Giving: write a kind review for your favorite business

### Day 16

Plank: 50 secs  
Thankful: learning from mistakes  
Giving: give someone a flower

### Day 17

Plank: 50 secs  
Thankful: books  
Giving: pick up litter

### Day 18

Plank: 50 secs  
Thankful: my bed  
Giving: write an encouraging note to a friend

### Day 19

Plank: 50 secs  
Thankful: nature  
Giving: share your favorite quote

### Day 20

Plank: 50 secs  
Thankful: clothing  
Giving: forgive someone

### Day 21

Plank: 55 secs  
Thankful: hugs  
Giving: check-in on a neighbor

### Day 22

Plank: 55 secs  
Thankful: waking up  
Giving: listen to your favorite music with someone

### Day 23

Plank: 55 secs  
Thankful: teachers  
Giving: reminisce with an old friend

### Day 24

Plank: 55 secs  
Thankful: medicine  
Giving: take a photo with someone you care about

### Day 25

Plank: 55 secs  
Thankful: memories  
Giving: give someone a hug

### Day 26

Plank: 60 secs  
Thankful: holidays  
Giving: give thanks to someone

### Day 27

Plank: 60 secs  
Thankful: technology  
Giving: support a small business

### Day 28

Plank: 60 secs  
Thankful: dreams  
Giving: clean for someone

### Day 29

Plank: 60 secs  
Thankful: learning  
Giving: bake and share it with someone

### Day 30

Plank: 60 secs  
Thankful: talents  
Giving: make a list of items you are grateful for