

# PLANKSGIVING NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Every PLANK post will earn you a raffle ticket for a chance to win a \$100 Gift Card to Fitness Directions!</p> <p>Don't forget to tag us and hashtag #FDplanksgiving</p>			<p>1</p> <p><b>Plank w/ your pet</b></p>	<p>2</p> <p>Post Workout <b>Plank</b></p> 	<p>3</p> <p>Sunrise/Sunset <b>Plank</b></p>	<p>4</p> <p><b>Own Your Direction Day Plank</b></p> <p><i>Little Blue at FD 8-11am</i> <i>11am Motivation Workshop</i></p>
<p>5</p> <p><b>Plank</b> at a historic landmark</p>	<p>6</p> <p><b>Plank</b> w/ Co-workers</p>	<p>7</p> <p><b>Plank</b> by the ocean</p>	<p>8</p> <p><b>Plank</b> w/ a pal</p>	<p>9</p> <p><b>Plank</b> w/ the FD Sign</p>	<p>10</p> <p><b>Plank</b> w/ your favorite barista/bartender</p>	<p>11</p> <p><b>Plank</b> behind someone who doesn't know you're there</p>
<p>12</p> <p><b>Plank</b> in your PJs w/ your morning coffee</p>	<p>13</p> <p><b>Plank</b> in your favorite FD gear</p>	<p>14</p> <p><b>Plank w/ someone you love</b></p> 	<p>15</p> <p>MaryEllens <b>Plank</b></p>	<p>16</p> <p>Healthy Snack <b>Plank</b></p>	<p>17</p> <p>Paul's Pizza Appreciation <b>Plank</b></p>	<p>18</p> <p>Elevated <b>Plank</b></p>
<p>19</p> <p> Household Chore <b>Plank</b></p>	<p>20</p> <p>Plant <b>Plank</b></p>	<p>21</p> <p>Musical <b>Plank</b></p>	<p>22</p> <p>Party <b>Plank</b> (Party &gt; 3)</p>	<p>23</p> <p>FESTIVE <b>Plank</b></p>	<p>24</p> <p><b>Plank w/</b> your beverage of choice</p>	<p>25</p> <p>Sip &amp; Shop Small <b>Plank</b></p> <p><i>11am-1pm at FD!</i></p>
<p>26</p> <p>New England Patriots <b>Plank</b></p>	<p>27</p> <p><b>Plank</b> w/ a FD Trainer</p>	<p>28</p> <p><b>Plank</b> w/ your FD Tumbler</p>	<p>29</p> <p><b>Plank</b> w/ a complete stranger</p>	<p>30</p> <p><b>Plank</b> w/ a first responder</p> 	<p><b>Instagram:</b> @fit_directions</p> <p><b>Facebook:</b> Fitness Directions</p>	