

Death By Plank Challenge				
Round 1 (enter date here)	Standard Plank	enter your score in seconds here		
	Side Plank (Left Side)	enter your score in seconds here		
	Side Plank (Right Side)	enter your score in seconds here	Paul's score: 459	
	Rocking Plank	enter your score in seconds here		
	Total Score	0		
	Your score is 100% lower than Coach Paul's score			
Round 2 (enter date here)	Standard Plank	enter your score in seconds here		
	Side Plank (Left Side)	enter your score in seconds here		
	Side Plank (Right Side)	enter your score in seconds here		
	Rocking Plank	enter your score in seconds here		
	Total Score	0		
	Your score is 100% lower than Coach Paul's score			
Round 3 (enter date here)	Standard Plank	enter your score in seconds here		
	Side Plank (Left Side)	enter your score in seconds here		
	Side Plank (Right Side)	enter your score in seconds here		
	Rocking Plank	enter your score in seconds here		
	Total Score	0		
	Your score is 100% lower than Coach Paul's score			

Death By Plank Challenge - Sheet1

Round 4 (enter date here)	Standard Plank	enter your score in seconds here		
	Side Plank (Left Side)	enter your score in seconds here		
	Side Plank (Right Side)	enter your score in seconds here		
	Rocking Plank	enter your score in seconds here		
	Total Score	0		
	Your score is 100% lower than Coach Paul's score			