

# Movement on Main Core for a Cause Challenge

## Overview

Participants will complete plank-hold exercises throughout the month to raise funds for Lewiston Cares, earn points, and win prizes. This challenge is designed for all fitness levels and focuses on both consistency and personal improvement. The challenge will run from May 4th to May 29th.

## How it works:

Record your longest plank hold for your initial assessment. This will be used to tell your potential sponsors where you started in this challenge. Optional - set a goal for yourself.

Throughout the month of May, collect pledges per second from sponsors that will be based on your final assessment video. We suggest asking sponsors for pledges of \$.10-.25 per second of plank holds; however, this is flexible and can be whatever amount works best for the sponsor. Optional donation caps allow sponsors to set the maximum amount they are willing to pledge. At the end of the month, record your final assessment and collect pledges based on your final hold.

Example pitch: "I'm participating in Core of Cause to raise money for Lewiston Cares. I held a plank for 30 seconds at the beginning of the month and I'm collecting pledges based on how long I'll be able to hold my plank at the end of the month. I have a goal of 60 seconds - would you like to make a pledge of .10-.25 per second?"

There will be prizes for majority completion and beyond, as well as most improved (see more about prizes below). Any combination of points counts, and you do not need to have points from every category. The scoring structure is:

1. Beginning and end assessments. First assessment due by May 8th, final assessment due by June 5th.
  - 10 points/assessment
2. Practice plank hold
  - 5 points/day
  - Max of 20 points (4 days) per week
3. Submit your best plank hold time and/or planking video on The Movement Facebook page once weekly
  - 5 points/post
4. Attend a class at Movement on Main
  - 3 points/class

## Participation Guidelines

### Plank hold your way:

- You can practice planks and core exercises as often as you'd like throughout the day or week.
- Standard plank, knee plank, incline plank, or wall planks all count!
- Use props like a mat, yoga block, or pillow as needed.
- Rest is part of progress. Taking days off will not hurt your success in this challenge. Consistency over time matters more than doing it every single day.

### Other core work

Here are some suggested exercises, but anything that strengthens your core counts! We'll post examples of exercises on The Movement Facebook page and on the challenge page.

<b>Foundation</b>	<b>Strength</b>	<b>Power</b>
Incline plank	Standard plank	Plank reaches
Knee plank	Shoulder taps	Side plank dips
Dead bugs	Side plank	Extended holds

## Prizes

### Most Improved

Winner chooses **one** of the following grand prizes.

- Haircut + wash with Dezyrae Meoak at Bliss Salon and Spa
- Massage at Lavender & Grace Bodyworks
- One month of classes at Movement on Main

### Most Donations

Winner chooses one of the remaining grand prizes.

### 75+ Points

- Movement on Main Pint Glass

### 100+ Points

- 15% off merch
- Entry into prize raffle
  - After the Most Improved winner makes their selection, the **prize** will be raffled off.

# Core Challenge Tracker

## Plank Holds

Write your plank hold time from each practice to watch your progress throughout the challenge!

Week	Day 1	Day 2	Day 3	Day 4	Accountability Post
1					<input type="checkbox"/>
2					<input type="checkbox"/>
3					<input type="checkbox"/>
4					<input type="checkbox"/>

### Assessments

Start of Month: \_\_\_\_\_ seconds

End of Month: \_\_\_\_\_ seconds

### Class attendance (bonus)

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