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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DAILY CHALLENGES: | CHECK OFF EVERY DAY YOU COMPLETED THE CHALLENGE: | | | | | | | | | | | | | | |
| Try to complete as many as you can and have fun doing them! Please try not to spend your whole time in front of a screen. | 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 |
| 1. Run 10 laps around your house or 2 laps around your area |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Go sledding down a hill or snowmobiling for at least 20 minutes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Play for at least 30 minutes outside with friends, siblings or your pet |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Play some kind of game indoors with your parents/guardians or siblings that does not require any electronics |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Drink at least 8 cups of water |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Get at least 8 hours of sleep at night |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Try a new activity/game/food |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bonus Challenges: (complete at least once during this time) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Build a Snowman or something else and take a picture to show me |  | | | | | | | | | | | | | | |
| Learn a new skill and take a video clip if you can |  | | | | | | | | | | | | | | |

These challenges are for the weeks of March 23-29th & again after the break from April 6-12th. HAVE FUN!!!

\*\*\*\*All these challenges should be done on your own or with limited other people, like maybe just family.\*\*\*