Ideas for weekly challenges/goals:

Exercise

1. Run a certain amount by the end of the week or have a certain amount of km walked at the end of the week
2. Do a certain amount of yoga exercises
3. Go cycling a certain amount of times a week
4. Go for a walk every day this week.
5. Exercise every morning for a week.
6. Go swimming a certain amount of times a week
7. Do 10 jumping jacks every day.
8. Practice a sport you like/enjoy or are interested in

Creative

1. Make food (breakfast, lunch or dinner for your family)
2. Do house chores (laundry, wash the dishes, clean the house, take out the trash)
3. Make 4-5 drawings of either scenery, animals, plants, characters, etc. a week
4. Create a meal from whatever you have in the fridge today.
5. Sketch your room using pen and paper.
6. Make an origami a day.
7. Read at least a couple pages or chapters of a book that could be interesting for you. Either an educational book, comedy or mystery, whatever genre. Even a webtoon or manga would suffice. (maybe a couple chapters a day)
8. Wear something different every day.

Social

1. Have a “Remember how we met” talk with a new person each day.
2. Choose a friend or a family member to check on each day.
3. When talking to someone, really listen to them, try not to interrupt, just be there for them.
4. Hug someone every day.
5. Say a genuine compliment to a new person each day.
6. Call a family member every day for a week.
7. Pet an animal every day.
8. Tell your friends what you like about them.

Phone use

1. Accumulate points passively while away from phone or not using it
2. Do not use social media until noon.
3. Leave your phone in another room when sleeping.
4. Eat without your phone in the room or with the sound off.
5. Do not use your phone for an hour a day (airplane mode, zen mode etc).
6. Do not use your phone as your alarm.
7. Do not touch your phone before sleeping for a week.
8. Stop using your favorite app for a week or limit daily usage.