Ideas for weekly challenges/goals:

Exercise

1. Run 5km by the end of the week.
2. Start each day with stretching this week.
3. Go cycling at least 2 times this week.
4. Go for a walk every day this week.
5. Exercise every morning for a week.
6. Close your eyes and take 10 deep breaths through your diaphragm, repeat daily for at least 4 days.
7. Do 10 jumping jacks every day for 9 days.
8. Think about your favorite exercise and do it with your friend.

Creative

1. Accessorize your room with the decorations of your choosing.
2. Wear your hair differently for a day.
3. Draw random shapes and squiggles on paper and turn it into a fantasy picture.
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 for 3 days.
7. Read at least a couple pages of a book a day for 15 days.
8. Wear something daring today! Be fierce!

Social

1. Have a “Remember how we met” talk with a new person each day for 3 days.
2. Choose a friend or a family member to check on each day for a week.
3. When talking to someone, really listen to them, try not to interrupt, just be there for them.
4. Hug someone every day for 5 days.
5. Say a genuine compliment to a new person each day for 10 days.
6. Call a family member every day for a week.
7. Pet an animal every day for 6 days.
8. Tell your friends what you like about them.

Phone use

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