DUCKWITZ SUMMER CHALLENGE!

Points	Optional challenges	6/6	6/7	6/8	6/9	6/10	6/11	6/12	6/13	6/14	6/15	6/16	6/17	6/18	6/19	6/20	6/21	6/22	6/23	6/24	6/25	6/26	6/27	6/28	6/29	6/30
10	Do all your daily jobs																									
10	Personal prayers morning and night 5 days in a row																									
10	Personal scripture study 5 days in a row																									
10	Floss 5 days in a row																									
5	30 minutes of exercise (playing outside, ballet, etc)																									
3	Yard work/take care of garden (15 mins)																									
10	Walk or bike 1 mile																									
3	Take Korra for a walk																									
10	Go on a hike																									
100	Read a chapter book (age appropriate)																									
10	Read for an extra 20 minutes in a day																									
3	Eat 3 servings of vegetables in a day																									
10	Memorize an Article of Faith or scripture, or PP experience																									
30	Go screen free for a day																									
5	No processed sugar for a day																									
3	Drink 24 oz. water in day																									
5	Go the entire day without complaining																									
5	Donate 5 things from your room																									
3	Slow down, sit, and watch sunset																									
3	Get 7 hours of sleep																									
3	Learn a new word from the dictionary and use it all day																									
30	Perform in a recital or play																									
10	Write a book and read it to a child																									
10	Write a play and perform it																									
10	Write a song and perform it																									
5	Write in your journal																									
5	Journal 10 things you are grateful for																									
≈15	Complete a sewing project (with approval)																									
≈15	Complete an art project (with approval)																									
≈15	Complete a science project (with approval)																									
5	Do something or make something for someone																									
3	Write a handwritten thank you note and deliver it																									
5	Plan an activity with the family and do it																									
10	Teach a lesson for FHE																									
5	Learn about an animal and teach someone about it																									
10	Cook an entire dinner (start to finish, including cleanup)																									
10	Do a load of laundry - start to finish																									
5	Do a load of dishes - start to finish																									
3-10	Extra cleaning chore (points dependant on chore)																									
	TOTAL																									