NAME:

5TH ANNUAL- DECEMBER 2024 FINISHER CHALLENGE

	ACTIVITY	12/1/2024	12/2/2024	12/3/2024	12/4/2024	12/5/2024	12/6/2024	12/7/2024	12/8/2024	12/9/2024	12/10/2024	12/11/2024	12/12/2024	12/13/2024	12/14/2024	12/15/2024	12/16/2024	12/17/2024	12/18/2024	12/19/2024	12/20/2024	12/21/2024	12/22/2024	12/23/2024	12/24/2024	12/25/2024	12/26/2024	12/27/2024	12/28/2024	12/29/2024	12/30/2024	12/31/2024
П	ONCE A DAY																													-		
1	TAKE A COLD SHOWER	t																														
2	HOLD A PLANK (LONGER EVERYDAY)																															
3	DRINK A GALLON OF WATER																															
4	DO 100 PUSH UPS																															
5	EAT A HEALTHY MEAL																															
6	MEDITATE FOR 2 MINUTES																															
7	DO SOMETHING THAT SCARES YOU																															
8	READ 5 PAGES IN A NONFICTION BOOK																															
9	MAKE A TO DO LIST																															
10	DON'T HIT THE SNOOZE AND WAKE UP EARLY																															
11	GO OUTSIDE																															
12	DO A PHYSICAL ACTIVITY																															
13	SAY AN OUTLOUD POSITIVE AFFIRMATION																															
14	GIVE A COMPLIMENT																															
15	DO SOMETHING THAT MAKES YOU HAPPY																															
16	SAY A PRAYER																															
17	HOLD THE DOOR OPEN FOR SOMEONE																															
18	TELL SOMEONE YOU LOVE THEM																															
19	POST TO SOCIAL (THOUGHT, PHOTO, VIDEO)																															
20	FOLLOW MORNING ROUTINE & JOURNAL YOUR EXPERIENCES																															
	ONCE A WEEK																															
1	CREATE A PIECE OF ART																															
2	GO ON A DISTANCE RUN																															
3	TAKE A PROGRESS PIC																															
4	COMPLETE A YOGA SESSION																															
5	RECONNECT WITH AN OLD FRIEND																															
6	WATCH THE SUNSET OR SUNRISE																															
7	OFFER TO HELP SOMEONE																															
8	BUY LOCAL																															
9	LEARN A NEW WORD AND USE IT																															
10	SEE (OR FACETIME) A FAMILY MEMBER OR OLD FRIEND																															
	ONCE THIS MONTH																															\Box
1	LEARN A NEW SKILL	<u> </u>																														\neg
2	BEAT A PR OR COMPLETE A CHALLENGE																															
3	MAKE A SIGNIFICANT CHARITABLE DONATION																															\neg
4	JOIN A GROUP OR CLUB																															
5	INVEST IN THE STOCK MARKET																															
6	MAKE A BUDGET AND REVIEW IT																															
7	BUY YOURSELF SOMETHING NICE																															
8	BUY SOMEONE ELSE SOMETHING NICE																															
9	MAKE A NEW FRIEND																															
10	MAKE 12 GOALS FOR 2025																															