NAME:

4TH ANNUAL- DECEMBER FINISHER CHALLENGE 2023

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	ACTIVITY	12/1/23	12/2/23	12/3/23	12/4/23	12/5/23	12/6/23	12/7/23	12/8/23	12/9/23	12/10/23	12/11/23	12/12/23	12/13/23	12/14/23	12/15/23	12/16/23	12/17/23	12/18/23	12/19/23	12/20/23	12/21/23	12/22/23	12/23/23	12/24/23	12/25/23	12/26/23	12/27/23	12/28/23	12/29/23	12/30/23	12/31/23
	ONCE A DAY																															_
1	TAKE A COLD SHOWER																															-
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 5 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																												_			
	RECONNECT WITH AN OLD FRIEND																															
5																																
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 PAST FRIEND																															
Ш	ONCE THIS MONTH																															
1	LEARN A NEW SKILL																															
2	BEAT A PR OR COMPLETE A CHALLENGE																															
3	MAKE A SIGNIFICANT CHARITABLE DONATION																															
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 2024																															