

NAME:

## 6TH ANNUAL- DECEMBER 2025 FINISHER CHALLENGE

	ACTIVITY	12/1/25	12/2/25	12/3/25	12/4/25	12/5/25	12/6/25	12/7/25	12/8/25	12/9/25	12/10/25	12/11/25	12/12/25	12/13/25	12/14/25	12/15/25	12/16/25	12/17/25	12/18/25	12/19/25	12/20/25	12/21/25	12/22/25	12/23/25	12/24/25	12/25/25	12/26/25	12/27/25	12/28/25	12/29/25	12/30/25	12/31/25
	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 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																															
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 2026																															