



SCHOOLS!

YOUNGER KIDS CHALLENGE EXAMPLES

Your challenge can be...

DISTANCE OR **PERSONAL**

Run 1km a day

No iPad screen time before and after school for 10 days

Cycle for 7km per day



Read 30 pages of your book everynight!



Do 20 push-ups a day

Walk for 2km per day

Sleep on the floor (or makeshift mattress) for 10 days



MAKE IT UNCOMFORTABLE