EVERY DAY...

1. Exercise for 30 minutes
2. Send one encouraging note (i.e. letter, email)
3. Read for 30 minutes
4. Get at least 8 hours of sleep
5. Don't eat after 8:00 p.m.

- 5 of 7 days per week = 1 star
- Max of 10 stars = 10 weeks
- Keep track on your own and be honest
- Follow your doctor's orders

Week 1 = March 22-28
Week 2 = March 29-April 4
Week 3 = April 5-11 (Spring Break)
Week 4 = April 12-18
Week 5 = April 19-25
Week 6 = April 26-May 2
Week 7 = May 3-9
Week 8 = May 10-16
Week 9 = May 17-23
Week 10 = May 24-30

*A reporting Google Form will be available after June 1, 2020*