



**BELMONT
HELPS**

The 2020 Challenge

BELMONT HELPS is an all-volunteer community effort

www.belmonthelps.org/challenge

Instructions: check off every task you complete and the date you complete it. Attach any photos or sketches that go along with your task. Choose activities in each category to complete between September 1st and 14th. Print and use this or download the Challenge app found at www.belmonthelps.org/challenge.

Community	Fitness	Brain	Family/ Friends	Home	Nature	Health
<input type="checkbox"/> Make or donate 7 masks to Belmont Helps Completed: / /	<input type="checkbox"/> Do 77 jumping jacks in a row each day for 7 days Completed: / /	<input type="checkbox"/> Journal for 7 minutes a day for 7 days Completed: / /	<input type="checkbox"/> Play 7 rounds of your favorite board or card game Completed: / /	<input type="checkbox"/> Complete 7 chores around the house Completed: / /	<input type="checkbox"/> Find and photograph 7 shapes in the clouds Completed: / /	<input type="checkbox"/> Drink 7 glasses of water per day for a 7 days Completed: / /
<input type="checkbox"/> Paint 7 rocks for the Belmont Kindness Rocks Project Completed: / /	<input type="checkbox"/> Dribble a soccer ball around a large soccer-sized field 7 times Completed: / /	<input type="checkbox"/> Learn 7 phrases in a new language and use them every day for a week Completed: / /	<input type="checkbox"/> Watch or play with your sibling(s) for 77 minutes - without fighting! Completed: / /	<input type="checkbox"/> Clear the table and push in the chairs for everyone after 7 meals Completed: / /	<input type="checkbox"/> Identify and log 7 different types of birds in your neighborhood Completed: / /	<input type="checkbox"/> Eat 7 different pieces of fruit or vegetables in a week Completed: / /
<input type="checkbox"/> Donate 7 (or more!) toys you no longer use Completed: / /	<input type="checkbox"/> Run 7 laps around your house every day for a week Completed: / /	<input type="checkbox"/> Learn 7 new card tricks and show your family. Try these! Completed: / /	<input type="checkbox"/> Tell 7 family members why you're grateful for them Completed: / /	<input type="checkbox"/> Fold 7 loads of laundry Completed: / /	<input type="checkbox"/> Pull weeds for 7 minutes each day for a week Completed: / /	<input type="checkbox"/> Try 7 new foods and log them Completed: / /

<input type="checkbox"/> Send 7 thank you notes to your town and state leaders Completed: / /	<input type="checkbox"/> Do bum kicks or high knees for 7 minutes (or alternate them each day) for a week Completed: / /	<input type="checkbox"/> Write a story with 7 chapters or a short story with 7 characters Completed: / /	<input type="checkbox"/> Zoom for at least 7 minutes with a distant family member or friend Completed: / /	<input type="checkbox"/> Unload the dishwasher or wash the dishes 7 times Completed: / /	<input type="checkbox"/> Find and log 7 constellations in the night sky Completed: / /	<input type="checkbox"/> Learn 7 yoga poses and practice them each day for a week. Try these! Completed: / /
<input type="checkbox"/> Do 7 random acts of kindness and log them Completed: / /	<input type="checkbox"/> Hula hoop for 7 minutes every day for a week Completed: / /	<input type="checkbox"/> Meditate for 1 minute each day for a week. Try using this 1 minute timer: Completed: / /	<input type="checkbox"/> Make 7 friendship bracelets or drawings to share with 7 friends Completed: / /	<input type="checkbox"/> Set the table for 7 meals Completed: / /	<input type="checkbox"/> Find and sketch 7 different types of flowers in your neighborhood Completed: / /	<input type="checkbox"/> Go for a walk a day for 7 days, rain or shine Completed: / /
<input type="checkbox"/> Write a positive message in chalk each day for 7 days Completed: / /	<input type="checkbox"/> Go on a 77-minute bike ride Completed: / /	<input type="checkbox"/> Make 7 different kinds of paper airplanes Completed: / /	<input type="checkbox"/> Bring a snack to someone at home each day for 7 days Completed: / /	<input type="checkbox"/> Vacuum 7 rooms in your house Completed: / /	<input type="checkbox"/> Photograph or collect 7 heart rocks Completed: / /	<input type="checkbox"/> Make 7 healthy meals for your family Completed: / /
<input type="checkbox"/> Donate 7 (or more!) articles of clothing you no longer use Completed: / /	<input type="checkbox"/> Do a 1-minute plank each day for 7 days Completed: / /	<input type="checkbox"/> Read 7 books (for younger kids) or 7 chapters in your book (for older kids) Completed: / /	<input type="checkbox"/> Hold a family check in for 7 minutes a day for 7 days in a row Completed: / /	<input type="checkbox"/> Make your bed every day for a week Completed: / /	<input type="checkbox"/> Identify and photograph 7 different types of trees in your area Completed: / /	<input type="checkbox"/> Brush and floss your teeth after eating for 7 days in row Completed: / /
<input type="checkbox"/> Thank 7 local helpers (mail carrier, police officer, teacher) with a note, a snack, or your own idea! Completed: / /	<input type="checkbox"/> Jump rope (forward AND backward!) for 7 minutes every day for a week Completed: / /	<input type="checkbox"/> Read a news story, write 7 questions about it, then research the answers Completed: / /	<input type="checkbox"/> Write and mail letters to 7 friends or family members about what you're doing this week Completed: / /	<input type="checkbox"/> Pick up things around the house and put them away for 7 minutes for 7 days in a row Completed: / /	<input type="checkbox"/> Find a quiet place outdoors and listen to nature for 7 minutes each day for a week Completed: / /	<input type="checkbox"/> Take 7 more minutes away from your device time each day, for 7 days (day 1, -7 minutes; day 2, -14 minutes) Completed: / /