

Week plan example

Get creative!
It is your own challenge and how it will look like depends on you.

Each week you can collect maximum 5 points. Keep track of who is leading every week and make a grand evaluation after 4 weeks.

Day 1		People				
Your daily tasks	Jane	Jack	Ula	John	Lila	
#1 ☺ Get 7hours of sleep	✓			✓	✓	
#2 🏃 Do 5 min warm up session in the morning	✓	✓			✓	
#3 🕒 Get a proper lunch break		✓		✓	✓	
#4 🌳 Go out on freshair for 10 min	✓			✓	✓	
#5 🏃 Afternoon workout for 10 min	✓		✓			
#... 📖 Read a story, walk a dog, clean your toys	✓	✓			✓	
🏆 Leader(s) of the day: <i>Jane and Lila</i>						

Day 2		People				
Your daily tasks	Jane	Jack	Ula	John	Lila	
#1 ☺ Get 7hours of sleep	✓	✓	✓	✓	✓	
#2 🏃 Do 5 min warm up session in the morning	✓	✓			✓	
#3 🕒 Get a proper lunch break		✓	✓	✓	✓	
#4 🌳 Go out on freshair for 10 min	✓	✓		✓	✓	
#5 🏃 Afternoon workout for 10 min	✓	✓	✓			
#... 📖 Read a story, walk a dog, clean your toys	✓	✓			✓	
🏆 Leader(s) of the day: <i>Jack</i>						

Day 3		People				
Your daily tasks	Jane	Jack	Ula	John	Lila	
#1 ☺ Get 7hours of sleep	✓			✓	✓	
#2 🏃 Do 5 min warm up session in the morning	✓	✓	✓		✓	
#3 🕒 Get a proper lunch break		✓	✓	✓	✓	
#4 🌳 Go out on freshair for 10 min	✓		✓	✓	✓	
#5 🏃 Afternoon workout for 10 min	✓		✓			
#... 📖 Read a story, walk a dog, clean your toys	✓	✓			✓	
🏆 Leader(s) of the day: <i>Jane and Lila</i>						

Day 4		People				
Your daily tasks	Jane	Jack	Ula	John	Lila	
#1 ☺ Get 7hours of sleep	✓			✓	✓	
#2 🏃 Do 5 min warm up session in the morning		✓			✓	
#3 🕒 Get a proper lunch break		✓		✓	✓	
#4 🌳 Go out on freshair for 10 min	✓	✓		✓	✓	
#5 🏃 Afternoon workout for 10 min	✓	✓	✓			
#... 📖 Read a story, walk a dog, clean your toys	✓	✓			✓	
🏆 Leader(s) of the day: <i>Jack</i>						

Day 5		People				
Your daily tasks	Jane	Jack	Ula	John	Lila	
#1 ☺ Get 7hours of sleep	✓		✓	✓	✓	
#2 🏃 Do 5 min warm up session in the morning		✓	✓		✓	
#3 🕒 Get a proper lunch break	✓	✓	✓	✓	✓	
#4 🌳 Go out on freshair for 10 min	✓	✓	✓	✓	✓	
#5 🏃 Afternoon workout for 10 min	✓		✓			
#... 📖 Read a story, walk a dog, clean your toys	✓	✓			✓	
🏆 Leader(s) of the day: <i>Ula and Lila</i>						

Weekend: take a break, you deserve it!



And the winner of weekend #1 is....

.....

Rules points & tasks

- Make sure that everyone are aware of the agreed task list and keep track of the points.
- Review who is the leader every week and plan for the prize after the end - it needs to be worth 😊
- Each task: 1 point - 5 days a week (Monday- Friday).

- Task 1** Get 7 hours of sleep
- Task 2** Do 5 min warm up session in the morning - agree on which exercises you should do or let everyone go freestyle
- Task 3** Get a proper lunch break (seat at the table away from the computers and distractions)
- Task 4** Go out on fresh air for 10 min (small walk or simply relaxing on your balcony or in your garden)
- Task 5** Afternoon workout 10 min select relevant video on YouTube, find an interesting app, or let people freestyle)



If you have kids you can create specific tasks:

- Extra task:** Read a story (1 point)
- Extra task:** walk a dog (1 point)
- Extra task:** Clean your toys (1 point)

4 Weeks week #1 Challenge

Get creative!
It is your own challenge and how it will look like depends on you.

Day 1		People			
Your daily tasks					
#1					
#2					
#3					
#4					
#5					
#...					
👤 Leader(s) of the day:					

Day 2		People			
Your daily tasks					
#1					
#2					
#3					
#4					
#5					
#...					
👤 Leader(s) of the day:					

Day 3		People			
Your daily tasks					
#1					
#2					
#3					
#4					
#5					
#...					
👤 Leader(s) of the day:					

Day 4		People			
Your daily tasks					
#1					
#2					
#3					
#4					
#5					
#...					
👤 Leader(s) of the day:					

Day 5		People			
Your daily tasks					
#1					
#2					
#3					
#4					
#5					
#...					
👤 Leader(s) of the day:					

Weekend: take a break, you deserve it!



And the winner of week #1 is....

.....

Rules points & tasks

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- Review who is the leader every week and plan for the prize after the end - it needs to be worth 😊
- Each task: 1 point - 5 days a week (Monday- Friday).

- Task 1
- Task 2
- Task 3
- Task 4
- Task 5

If you have kids you can create specific tasks:

- Task 1
- Task 2
- Task 3
- Task 4

4 Weeks week #1 Challenge

Day 1	People				
Your daily tasks					
#1					
#2					
#3					
#4					
#5					
#...					
 Leader(s) of the day:					

Rules points & tasks

- Make sure that everyone are aware of the agreed task list and keep track of the points.
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- Task 2
- Task 3
- Task 4
- Task 5

If you have kids you can create specific tasks:

- Task 1
- Task 2
- Task 3
- Task 4

4 Weeks week #1 Challenge

Day 2	People				
Your daily tasks					
#1					
#2					
#3					
#4					
#5					
#...					
 Leader(s) of the day:					

Rules points & tasks

- Make sure that everyone are aware of the agreed task list and keep track of the points.
- Review who is the leader every week and plan for the prize after the end - it needs to be worth 😊
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- Task 1
- Task 2
- Task 3
- Task 4
- Task 5

If you have kids you can create specific tasks:

- Task 1
- Task 2
- Task 3
- Task 4

4 Weeks week #1 Challenge

Day 3	People				
Your daily tasks					
#1					
#2					
#3					
#4					
#5					
#...					

 **Leader(s) of the day:**

Rules points & tasks

- Make sure that everyone are aware of the agreed task list and keep track of the points.
- Review who is the leader every week and plan for the prize after the end - it needs to be worth 😊
- Each task: 1 point - 5 days a week (Monday- Friday).

- Task 1
- Task 2
- Task 3
- Task 4
- Task 5

If you have kids you can create specific tasks:

- Task 1
- Task 2
- Task 3
- Task 4

4 Weeks week #1 Challenge

Day 4	People				
Your daily tasks					
#1					
#2					
#3					
#4					
#5					
#...					
 Leader(s) of the day:					

Rules points & tasks

- Make sure that everyone are aware of the agreed task list and keep track of the points.
- Review who is the leader every week and plan for the prize after the end - it needs to be worth 😊
- Each task: 1 point - 5 days a week (Monday- Friday).

- Task 1
- Task 2
- Task 3
- Task 4
- Task 5

If you have kids you can create specific tasks:

- Task 1
- Task 2
- Task 3
- Task 4

4 Weeks week #1 Challenge

Weekend: take a break,
you deserve it!



And the winner
of week #1 is....

.....

Day 5	People				
Your daily tasks				
#1					
#2					
#3					
#4					
#5					
#...					
Leader(s) of the day:					

Rules points &tasks

- Make sure that everyone are aware of the agreed task list and keep track of the points.
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- Task 1
- Task 2
- Task 3
- Task 4
- Task 5

If you have kids you can create specific tasks:

- Task 1
- Task 2
- Task 3
- Task 4

4 Weeks week #2 Challenge

Day 1	People				
Your daily tasks					
#1					
#2					
#3					
#4					
#5					
#...					
 Leader(s) of the day:					

Rules points & tasks

- Make sure that everyone are aware of the agreed task list and keep track of the points.
- Review who is the leader every week and plan for the prize after the end - it needs to be worth 😊
- Each task: 1 point - 5 days a week (Monday- Friday).

- Task 1
- Task 2
- Task 3
- Task 4
- Task 5

If you have kids you can create specific tasks:

- Task 1
- Task 2
- Task 3
- Task 4

4 Weeks week #2 Challenge

Day 2	People				
Your daily tasks					
#1					
#2					
#3					
#4					
#5					
#...					
 Leader(s) of the day:					

Rules points & tasks

- Make sure that everyone are aware of the agreed task list and keep track of the points.
- Review who is the leader every week and plan for the prize after the end - it needs to be worth 😊
- Each task: 1 point - 5 days a week (Monday- Friday).

- Task 1
- Task 2
- Task 3
- Task 4
- Task 5

If you have kids you can create specific tasks:

- Task 1
- Task 2
- Task 3
- Task 4

4 Weeks week #2 Challenge

Day 3	People				
Your daily tasks					
#1					
#2					
#3					
#4					
#5					
#...					
 Leader(s) of the day:					

Rules points & tasks

- Make sure that everyone are aware of the agreed task list and keep track of the points.
- Review who is the leader every week and plan for the prize after the end - it needs to be worth 😊
- Each task: 1 point - 5 days a week (Monday- Friday).

- Task 1
- Task 2
- Task 3
- Task 4
- Task 5

If you have kids you can create specific tasks:

- Task 1
- Task 2
- Task 3
- Task 4

4 Weeks week #2 Challenge

Day 4	People				
Your daily tasks					
#1					
#2					
#3					
#4					
#5					
#...					
 Leader(s) of the day:					

Rules points & tasks

- Make sure that everyone are aware of the agreed task list and keep track of the points.
- Review who is the leader every week and plan for the prize after the end - it needs to be worth 😊
- Each task: 1 point - 5 days a week (Monday- Friday).

- Task 1
- Task 2
- Task 3
- Task 4
- Task 5

If you have kids you can create specific tasks:

- Task 1
- Task 2
- Task 3
- Task 4

4 Weeks week #2 Challenge

Weekend: take a break,
you deserve it!



And the winner
of week #1 is....

.....

Day 5	People				
Your daily tasks				
#1					
#2					
#3					
#4					
#5					
#...					
Leader(s) of the day:					

Rules points &tasks

- Make sure that everyone are aware of the agreed task list and keep track of the points.
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- Each task: 1 point - 5 days a week (Monday- Friday).

- Task 1
- Task 2
- Task 3
- Task 4
- Task 5

If you have kids you can create specific tasks:

- Task 1
- Task 2
- Task 3
- Task 4

4 Weeks week #3 Challenge

Day 1	People				
Your daily tasks					
#1					
#2					
#3					
#4					
#5					
#...					
 Leader(s) of the day:					

Rules points & tasks

- Make sure that everyone are aware of the agreed task list and keep track of the points.
- Review who is the leader every week and plan for the prize after the end - it needs to be worth 😊
- Each task: 1 point - 5 days a week (Monday- Friday).

- Task 1
- Task 2
- Task 3
- Task 4
- Task 5

If you have kids you can create specific tasks:

- Task 1
- Task 2
- Task 3
- Task 4

4 Weeks week #3 Challenge

Day 2	People				
Your daily tasks					
#1					
#2					
#3					
#4					
#5					
#...					
 Leader(s) of the day:					

Rules points & tasks

- Make sure that everyone are aware of the agreed task list and keep track of the points.
- Review who is the leader every week and plan for the prize after the end - it needs to be worth 😊
- Each task: 1 point - 5 days a week (Monday- Friday).

- Task 1
- Task 2
- Task 3
- Task 4
- Task 5

If you have kids you can create specific tasks:

- Task 1
- Task 2
- Task 3
- Task 4

4 Weeks week #3 Challenge

Day 3	People				
Your daily tasks					
#1					
#2					
#3					
#4					
#5					
#...					
 Leader(s) of the day:					

Rules points & tasks

- Make sure that everyone are aware of the agreed task list and keep track of the points.
- Review who is the leader every week and plan for the prize after the end - it needs to be worth 😊
- Each task: 1 point - 5 days a week (Monday- Friday).

- Task 1
- Task 2
- Task 3
- Task 4
- Task 5

If you have kids you can create specific tasks:

- Task 1
- Task 2
- Task 3
- Task 4

4 Weeks week #3 Challenge

Day 4	People				
Your daily tasks					
#1					
#2					
#3					
#4					
#5					
#...					
 Leader(s) of the day:					

Rules points & tasks

- Make sure that everyone are aware of the agreed task list and keep track of the points.
- Review who is the leader every week and plan for the prize after the end - it needs to be worth 😊
- Each task: 1 point - 5 days a week (Monday- Friday).

- Task 1
- Task 2
- Task 3
- Task 4
- Task 5

If you have kids you can create specific tasks:

- Task 1
- Task 2
- Task 3
- Task 4

4 Weeks week #3 Challenge

Weekend: take a break,
you deserve it!



And the winner
of week #1 is....

.....

Day 5	People				
Your daily tasks				
#1					
#2					
#3					
#4					
#5					
#...					
Leader(s) of the day:					

Rules points &tasks

- Make sure that everyone are aware of the agreed task list and keep track of the points.
- Review who is the leader every week and plan for the prize after the end - it needs to be worth 😊
- Each task: 1 point - 5 days a week (Monday- Friday).

- Task 1
- Task 2
- Task 3
- Task 4
- Task 5

If you have kids you can create specific tasks:

- Task 1
- Task 2
- Task 3
- Task 4

4 Weeks week #4 Challenge

Day 1	People				
Your daily tasks					
#1					
#2					
#3					
#4					
#5					
#...					
 Leader(s) of the day:					

Rules points & tasks

- Make sure that everyone are aware of the agreed task list and keep track of the points.
- Review who is the leader every week and plan for the prize after the end - it needs to be worth 😊
- Each task: 1 point - 5 days a week (Monday- Friday).

- Task 1
- Task 2
- Task 3
- Task 4
- Task 5

If you have kids you can create specific tasks:

- Task 1
- Task 2
- Task 3
- Task 4

4 Weeks week #4 Challenge

Day 2	People				
Your daily tasks					
#1					
#2					
#3					
#4					
#5					
#...					

 **Leader(s) of the day:**

Rules points & tasks

- Make sure that everyone are aware of the agreed task list and keep track of the points.
- Review who is the leader every week and plan for the prize after the end - it needs to be worth 😊
- Each task: 1 point - 5 days a week (Monday- Friday).

- Task 1
- Task 2
- Task 3
- Task 4
- Task 5

If you have kids you can create specific tasks:

- Task 1
- Task 2
- Task 3
- Task 4

4 Weeks week #4 Challenge

Day 3	People				
Your daily tasks					
#1					
#2					
#3					
#4					
#5					
#...					
 Leader(s) of the day:					

Rules points & tasks

- Make sure that everyone are aware of the agreed task list and keep track of the points.
- Review who is the leader every week and plan for the prize after the end - it needs to be worth 😊
- Each task: 1 point - 5 days a week (Monday- Friday).

- Task 1
- Task 2
- Task 3
- Task 4
- Task 5

If you have kids you can create specific tasks:

- Task 1
- Task 2
- Task 3
- Task 4

4 Weeks week #4 Challenge

Day 4	People				
Your daily tasks					
#1					
#2					
#3					
#4					
#5					
#...					

 **Leader(s) of the day:**

Rules points & tasks

- Make sure that everyone are aware of the agreed task list and keep track of the points.
- Review who is the leader every week and plan for the prize after the end - it needs to be worth 😊
- Each task: 1 point - 5 days a week (Monday- Friday).

- Task 1
- Task 2
- Task 3
- Task 4
- Task 5

If you have kids you can create specific tasks:

- Task 1
- Task 2
- Task 3
- Task 4

4 Weeks week #4 Challenge

Weekend: take a break,
you deserve it!



And the winner
of week #1 is....

.....

Day 5	People				
Your daily tasks				
#1					
#2					
#3					
#4					
#5					
#...					
Leader(s) of the day:					

Rules points &tasks

- Make sure that everyone are aware of the agreed task list and keep track of the points.
- Review who is the leader every week and plan for the prize after the end - it needs to be worth 😊
- Each task: 1 point - 5 days a week (Monday- Friday).

- Task 1
- Task 2
- Task 3
- Task 4
- Task 5

If you have kids you can create specific tasks:

- Task 1
- Task 2
- Task 3
- Task 4