## 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 4 |  | People |  |  | Lila |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Your daily tasks | Jane | Jack | Ula | John |  |
| \＃1 ${ }^{(2,2}{ }^{2}$ Get 7hours of sleep | $\checkmark$ |  |  | $\checkmark$ | $\checkmark$ |
| $\text { \#2 } \mathcal{\sim} \text { Do } 5 \text { min warm up } \begin{aligned} & \text { session in the morning } \end{aligned}$ |  | $\checkmark$ |  |  | $\checkmark$ |
| \＃3 Get a proper lunch break |  | $\checkmark$ |  | $\checkmark$ | $\checkmark$ |
| \＃4 요 Go out on freshair for \＃4 专 10 min | $\checkmark$ | $\checkmark$ |  | $\checkmark$ | $\checkmark$ |
| $\begin{aligned} & \text { \# } 5 \text { 误 Afternoon workout for } \\ & 10 \mathrm{~min} \end{aligned}$ | $\checkmark$ | $\checkmark$ | $\checkmark$ |  |  |
| \＃．．． $\begin{aligned} & \text { Read a story，walk a dog，} \\ & \text { clean your toys }\end{aligned}$ | $\checkmark$ | $\checkmark$ |  |  | $\checkmark$ |
| （s）of the day：－Jack |  |  |  |  |  |

## 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）．

| Day 2 |  | People |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Your daily tasks | Jane | Jack | Ula | John | Lila |
| \＃1 ${ }^{2} \mathrm{c}_{2}^{2}$ Get 7hours of sleep | $\checkmark$ | $\checkmark$ | $\checkmark$ | $\checkmark$ | $\checkmark$ |
| $\text { \#2 } \overbrace{\delta}^{\text {Do } 5 \text { min warm up }} \text { session in the morning }$ | $\checkmark$ | $\checkmark$ |  |  | $\checkmark$ |
| \＃3 10：Get a proper lunch break |  | $\checkmark$ | $v$ | $\checkmark$ | $\checkmark$ |
| \＃4 응 Go out on freshair for 눈둔 10 min | $\checkmark$ | $\checkmark$ |  | $\checkmark$ | $\checkmark$ |
| \＃5 in Afternoon workout for \＃5 10 min | $\checkmark$ | $\checkmark$ | $v$ |  |  |
| Read a story，walk a dog， clean your toys | $\checkmark$ | $\checkmark$ |  |  | $\checkmark$ |
| \％Leader（s）of the day： | Jack |  |  |  |  |


| Day 5 |  | People |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Your daily tasks | Jane | Jack | Ula | John | Lila |
| \＃1 ${ }^{22^{2} \text { 2 }}$ Get 7hours of sleep | $\checkmark$ |  | $\checkmark$ | $\checkmark$ | $\checkmark$ |
| $\text { \#2 } \underbrace{\text { Do } 5 \text { min warm up }}_{\delta} \text { session in the morning }$ |  | $\checkmark$ | $\checkmark$ |  | $\checkmark$ |
| \＃3 10\％Get a proper lunch break | $\checkmark$ | $\checkmark$ | $\checkmark$ | $\checkmark$ | $\checkmark$ |
| \＃4 응 Go out on freshair for㑒 10 min | $\checkmark$ | $\checkmark$ | $v$ | $\checkmark$ | $\checkmark$ |
| $\begin{aligned} & \text { \#5 is } \begin{array}{l} \text { Afternoon workout for } \\ 10 \mathrm{~min} \end{array} \end{aligned}$ | $\checkmark$ |  | $\checkmark$ |  |  |
| Read a story，walk a dog， clean your toys | $\checkmark$ | $\checkmark$ |  |  | $\checkmark$ |
| \％\％Leader（s）of the day：－U／a and Lila |  |  |  |  |  |

## 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）
Jask 5 Afternoon workout 10 min select relevant video on YouTube，find an interesting app，or let people freestyle）

| Day 3 |  |  | opl |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Your daily tasks | Jane | Jack | Ula | John | Liala |
| \＃1 ${ }^{2} \mathrm{z}^{2}$ Get 7hours of sleep | $\checkmark$ |  |  | $\checkmark$ | $\checkmark$ |
| $\text { \#2 \& }{ }_{\text {So }}^{\text {Do } 5 \text { min warm up }} \text { session in the morning }$ | $\checkmark$ | $\checkmark$ | $\checkmark$ |  | $\checkmark$ |
| \＃3 \％Get a proper lunch break |  | $\checkmark$ | $\checkmark$ | $\checkmark$ | $\checkmark$ |
| \＃4 용 Go out on freshair for䢓언 10 min | $\checkmark$ |  | $\checkmark$ | $\checkmark$ | $\checkmark$ |
| $\text { \#5 埌 Afternoon workout for } \begin{aligned} & \text { A min } \end{aligned}$ | $\checkmark$ |  | $\checkmark$ |  |  |
| $\qquad$ clean your toys | $\checkmark$ | $\checkmark$ |  |  | $\checkmark$ |
| Jane and Lila |  |  |  |  |  |

Weekend：take a break， you deserve it！
> $\sqrt{2}$
> And the winner of weekend \＃1 is．．．．

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）

| Day 1 | People |  |
| :---: | :---: | :---: |
| Your daily tasks |  |  |
| \#1 |  |  |
| \#2 |  |  |
| \#3 |  |  |
| \#4 |  |  |
| \#5 |  |  |
| \#... |  |  |
| \%im Leader(s) of the day: |  |  |
| Day 4 People |  |  |
| Your daily tasks |  |  |
| \#1 |  |  |
| \#2 |  |  |
| \#3 |  |  |
| \#4 |  |  |
| \#5 |  |  |
| \#... |  |  |
| \%ion 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).

| Day 2 | People |  |
| :---: | :---: | :---: |
| Your daily tas |  |  |
| \#1 |  |  |
| \#2 |  |  |
| \#3 |  |  |
| \#4 |  |  |
| \#5 |  |  |
| \#... |  |  |



Task 1
you have kids you can create specific tasks:
Task 1
Task 2
Task 3
Task 4

## Get creative!

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

## Weeks week \#1 Challenge



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 (a)
- Each task: 1 point - 5 days a week (Monday- Friday).

Task 1

## Weeks week \#1 Challenge



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 (a)
- Each task: 1 point - 5 days a week (Monday- Friday).

Task 1

## Weeks week Chall



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 (c)
- Each task: 1 point - 5 days a week (Monday- Friday).

Task 1

## Weeks week ${ }^{\text {W1 }}$ Challenge

| Day 4 | People |  |
| :---: | :---: | :---: |
| Your daily tasks |  |  |
| \#1 |  |  |
| \#2 |  |  |
| \#3 |  |  |
| \#4 |  |  |
| \#5 |  |  |
| \#... |  |  |
| +i\% 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 (a)
- Each task: 1 point - 5 days a week (Monday- Friday).

Task 1

\section*{| Weeks week \#1 |
| :--- |
| Challenge | <br> | Weeks week |
| :--- |
| C1 |
| Challenge |}

Weekend: take a break,
you deserve it!


And the winner of week \#1 is....
$\qquad$


## 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 (c)
- Each task: 1 point - 5 days a week (Monday- Friday).

Task 1
Task 3
Task 2
Task 3
Task 4

## Weeks week tr Challenge



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 (a)
- Each task: 1 point - 5 days a week (Monday- Friday).

Task 1

## Weeks week tr Challenge

## Day 2

Your daily tasks

## Leader(s) of the day:

 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 (c)
- Each task: 1 point - 5 days a week (Monday- Friday).

| Day 2 | People |  |
| :---: | :---: | :---: |
| Your daily |  |  |
| \#1 |  |  |
| \#2 |  |  |
| \#3 |  |  |
| \#4 |  |  |
| \#5 |  |  |
| \#... |  |  |


| Task 1 | If you have kids you can create specific tasks: |
| :---: | :---: |
| Task 2 | Task 1 |
| Task 3 | Task 2 |
| Task 4 | Task 3 |
| Task 5 | Task 4 |

## Weeks week tr Challenge

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 (c)
- Each task: 1 point - 5 days a week (Monday- Friday).


## Day 3

## People

## Your daily tasks



Task 1

## Weeks week t2 Challenge

| Day 4 | People |  |
| :---: | :---: | :---: |
| Your daily tasks |  |  |
| \#1 |  |  |
| \#2 |  |  |
| \#3 |  |  |
| \#4 |  |  |
| \#5 |  |  |
| \#... |  |  |
| +i\% 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 (a)
- Each task: 1 point - 5 days a week (Monday- Friday).

Task 1

\section*{| Weeks week t2 |
| :--- |
| Challenge | <br> | Weeks week *2 |
| :--- |
| Challenge |}

Weekend: take a break,
you deserve it!


And the winner of week \#1 is....
$\qquad$


## 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 (c)
- Each task: 1 point - 5 days a week (Monday- Friday).

Task 1

## Weeks week *3 Challenge



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 (a)
- Each task: 1 point - 5 days a week (Monday- Friday).

Task 1

## Weeks week *3 Challenge



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 (a)
- Each task: 1 point - 5 days a week (Monday- Friday).

Task 1

## Weeks week *3 Challenge

## Day 3

## People

## Your daily tasks

## 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 (c)
- Each task: 1 point - 5 days a week (Monday- Friday).

| Day 3 | People |  |
| :---: | :---: | :---: |
| Your daily tasks |  |  |
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| \#2 |  |  |
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| \#5 |  |  |
| \#... |  |  |


| Task 1 | If you have kids you can create specific tasks: |
| :---: | :---: |
| Task 2 | Task 1 |
| Task 3 | Task 2 |
| Task 4 | Task 3 |
| Task 5 | Task 4 |

## Weeks week \#3 <br> Challenge



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 (a)
- Each task: 1 point - 5 days a week (Monday- Friday).

Task 1

\section*{| Weeks week |
| :---: |
| Challenge | <br> | Weeks week *3 |
| :--- |
| Challenge |}

Weekend: take a break,
you deserve it!
you deserv
And the winner of week \#1 is....
$\qquad$


Rules points \&tasks

- Make sure that everyone are aware of the agreed task list and keep track of the points.
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## Weeks week Chal Challenge



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Task 1

## Weeks week ${ }^{\text {at }}$ Challenge

## Day 2

Your daily tasks

## Leader(s) of the day:

 agreed task list and keep track of the points.Rules points \&tasks

Review who is the leader every week and plan for the prize after the end - it needs to be worth (c)

- Each task: 1 point - 5 days a week (Monday- Friday).

|  | Day 2 | People |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Your daily tasks |  |  |  |  |
| \#1 |  |  |  |  |
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| \#5 |  |  |  |  |
| \#... |  |  |  |  |


| Task 1 | If you have kids you can create specific tasks: |
| :---: | :---: |
| Task 2 | Task 1 |
| Task 3 | Task 2 |
| Task 4 | Task 3 |
| Task 5 | Task 4 |

## Weeks week ma Challenge

| Day 3 | People |  |
| :---: | :---: | :---: |
| Your daily tasks |  |  |
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| \#4 |  |  |
| \#5 |  |  |
| \#... |  |  |
| +i\% Leader(s) of the day: |  |  |

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Task 1

## Weeks week ${ }^{\text {at }}$ Challenge

| Day 4 | People |  |
| :---: | :---: | :---: |
| Your daily tasks |  |  |
| \#1 |  |  |
| \#2 |  |  |
| \#3 |  |  |
| \#4 |  |  |
| \#5 |  |  |
| \#... |  |  |
| +i\% Leader(s) of the day: |  |  |

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Task 1

## Weeks week ma Challenge <br> Weeks week ta Challenge

Weekend: take a break,
you deserve it!
you deserv
And the winner of week \#1 is....
$\qquad$


Rules points \&tasks

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