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		P	eople		
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		~		V	~
#4 Go out on freshair for 10 min	~			V	~
#5 Afternoon workout for 10 min	~		~		
# Read a story, walk a dog, clean your toys	~	~			~
Leader(s) of the day:	Jane	and Lila			

Day 2		P	eople		
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		~	~	V	~
#4 🏥 Go out on freshair for 10 min	~	~		V	~
#5 Afternoon workout for 10 min	V	V	~		
# Read a story, walk a dog, clean your toys	~	~			~
Eader(s) of the day:	Jack				

Day 3		Р	eople		
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		~	~	V	~
#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:	Jane	and Lila			

Day 4		P	eople		
Your daily tasks	Jane	Jack	Ula	John	Lila
#1 🖰 Get 7hours of sleep	~			~	~
#2 Do 5 min warm up session in the morning		~			~
#3 FOR 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:	Jack				

Day 5		P	eople		
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	V	~			~
Leader(s) of the day:	Ula a	and Lila			

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)

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	r:

Day 2	Pe	eople	
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	P	eople	
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

- 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	i have kids you can create specific tasks:
Task 1	
Task 2	

Task 4

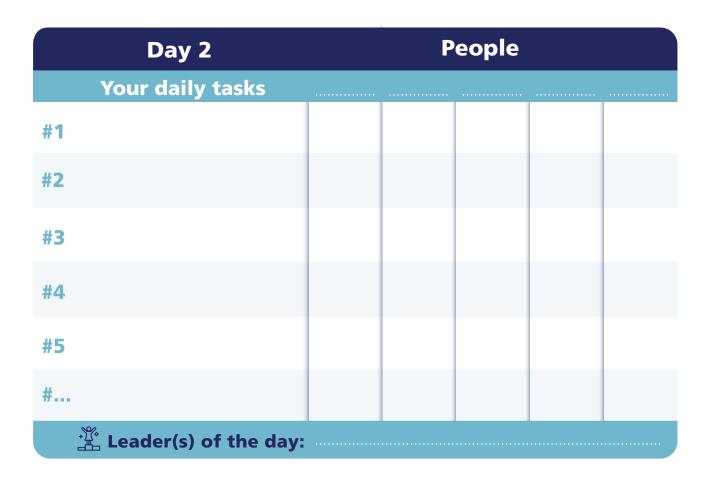


Rules points &tasks

- 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	

Task 1	
Task 2	
Task 3	
Task 4	



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	j

Task 1	
Task 2	
Task 3	
Task 4	

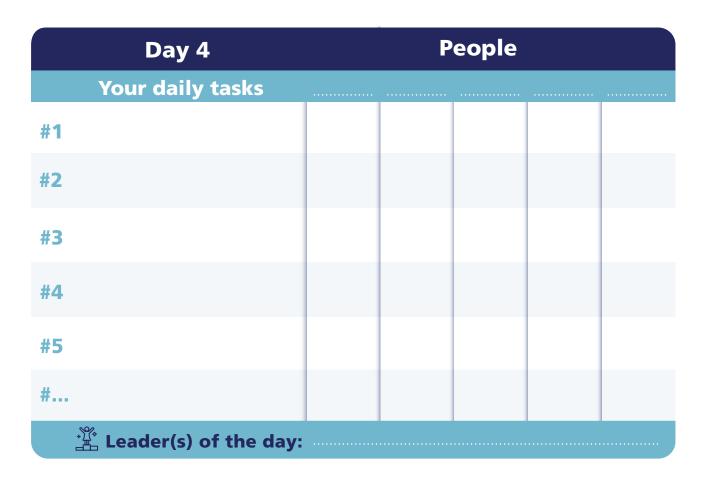


Rules points &tasks

- 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	

Task 1	
Task 2	
Task 3	
Task 4	



Task 4

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

Weekend: take a break, you deserve it!



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

•••••

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

Task 4

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

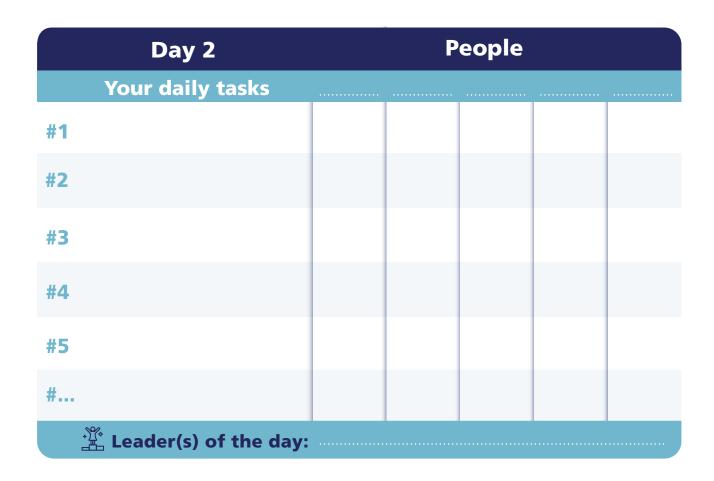


Rules points &tasks

- 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:

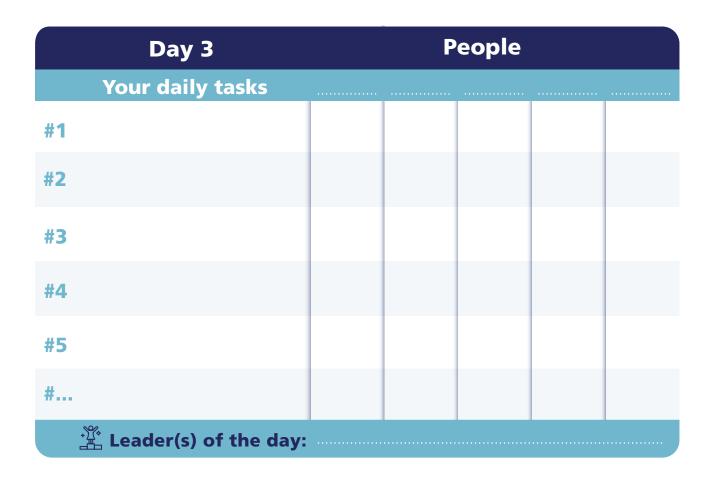


Rules points &tasks

- 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	

Task 1	
Task 2	
Task 3	
Task 4	



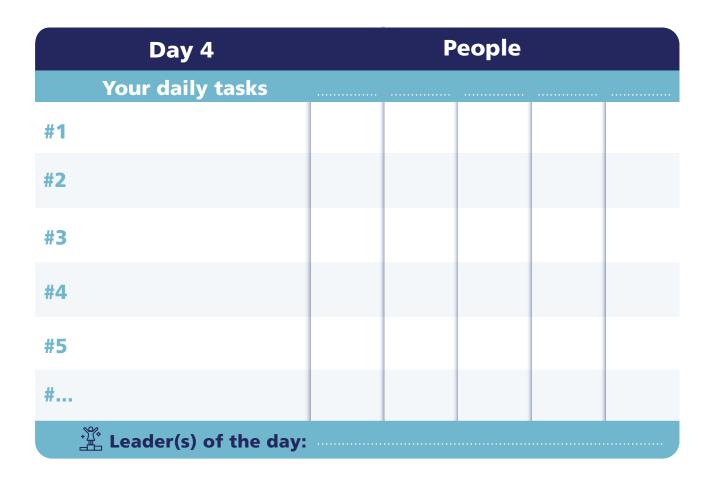
Rules points &tasks

- 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	

If you have kids you can create specific tasks: Task 1

Task 2



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	

Task 1	
Task 2	
Task 3	
Task 4	

Weekend: take a break, you deserve it!



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

•••••

Day 5	P			
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:

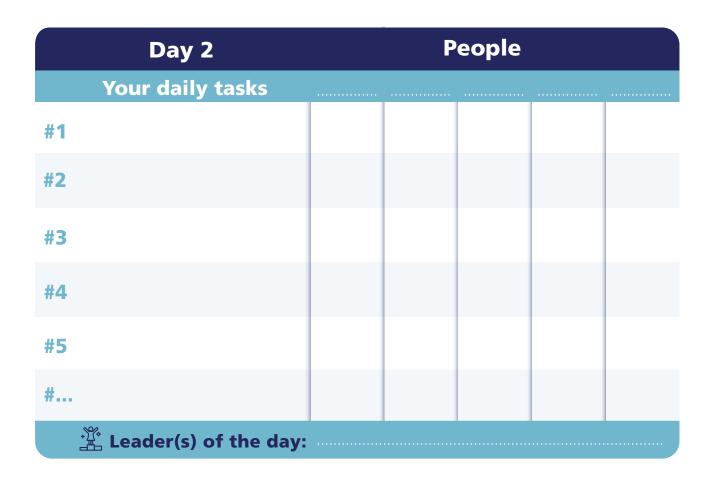


Rules points &tasks

- 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 4

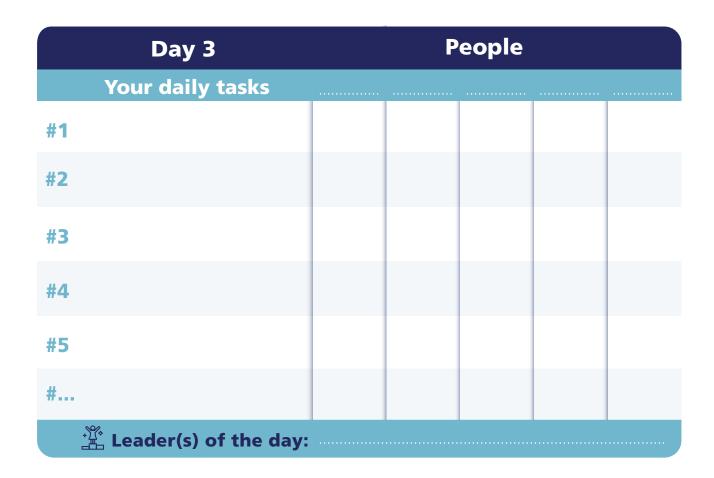
Rules points &tasks

- 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	

If you have kids you can create specific tasks: Task 1

Task 2
Task 3

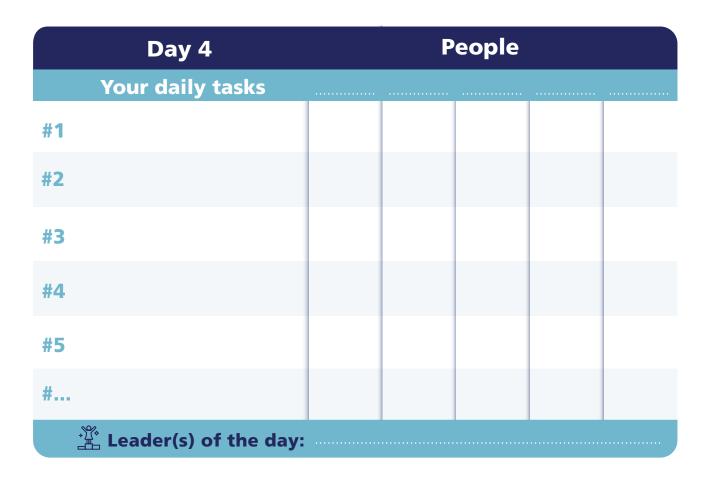


Rules points &tasks

- 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	

If you have kids you can create specific tasks: Task 1 Task 2



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	
Tack 5	

If you have kids you can create specific tasks:

Weekend: take a break, you deserve it!



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

•••••

Day 5	P			
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



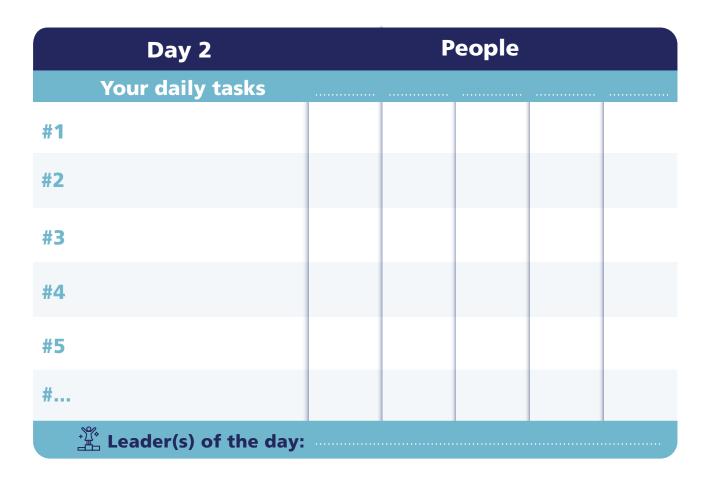
Rules points &tasks

- 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



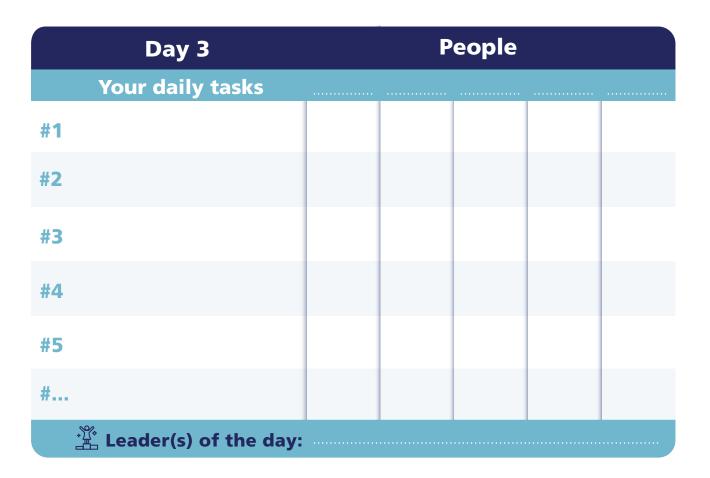
Rules points &tasks

- 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

Task 1	
Task 2	
Task 3	
Tools 4	

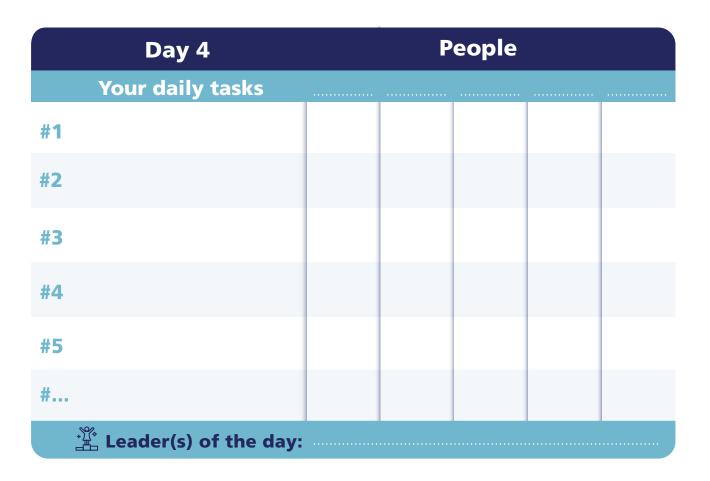


Rules points &tasks

- 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:



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

Weekend: take a break, you deserve it!



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

•••••

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

Task 4

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

Task 1 Task 2 Task 3