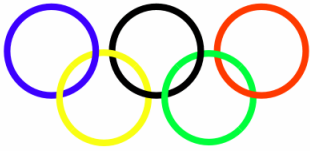


Challenge Cards



Feel Good



Name: _____

Age: _____

Home Phone Number (Optional): _____

The idea of this challenge card is to encourage you, the user, to try a new challenge to make yourself feel better, and just generally FEEL GOOD.

CHALLENGE UNDER TAKEN: _____

LENGTH OF CHALLENGE (TIME): _____

WHAT VALUE(S) DOES THIS PROMOTE: _____

OTHERS PARTICIPATING (IF ANY): _____

Challenge Cards	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				



I FEEL GOOD!!!
...AS GOOD AS I SHOULD!!!