

My weekly challenge sticker chart

Week	ACTIVITY	Sticker	Week	ACTIVITY	Sticker
1	 Write a sleep diary. The diary will help to pinpoint your sleeping habits.		2	 Give some time each day to help someone else.	
3	 Complete a nature walk or play nature bingo.		4	 Try one new thing from each food group.	
5	 Why don't you and your family write a letter to someone you don't see very often.		6	 Try to eat five portions of fruit/veg for at least three days.	
7	 Try one new thing which could help you all sleep better or longer.		8	 Complete two extra 30-minute walks this week.	
9	 Ask the kids to draw a picture to give to someone.		10	 Draw a family tree, ask questions about your family history.	