

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:		Jane and Lila				

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:		Jack				

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:		Jane and Lila				

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:		Jack				

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:		Ula 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)

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

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Rules points & tasks

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

Rules points & tasks

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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

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.
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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

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

4 Weeks Challenge week #2

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 Challenge week #2

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 Challenge week #2

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 Challenge week #2

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....

.....

Rules points & tasks

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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

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

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 Challenge week #3

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....

.....

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

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

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
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.....

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

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