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		~		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	~	~			~			
Eader(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	~	~		V	~		
#5 *Î* Afternoon workout for 10 min	~	V	~				
# 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	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	~	~		V	~		
#5 *fraction *fraction* #5 *fr	~	~	~				
# Read a story, walk a dog, clean your toys	~	~			~		
$\stackrel{\text{\tiny 24}}{ ext{\tiny 44}}$ Leader(s) of the day: \mathcal{J}^{ack}							

Day 5	People						
Your daily tasks	Jane	Jack	Ula	John	Lila		
#1 🖰 Get 7hours of sleep	~		V	~	V		
#2 Do 5 min warm up session in the morning		~	~		~		
#3 * Get a proper lunch break	~	~	~	~	~		
#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: Vla 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	P	eople	
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	P	eople	
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, you deserve it!



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

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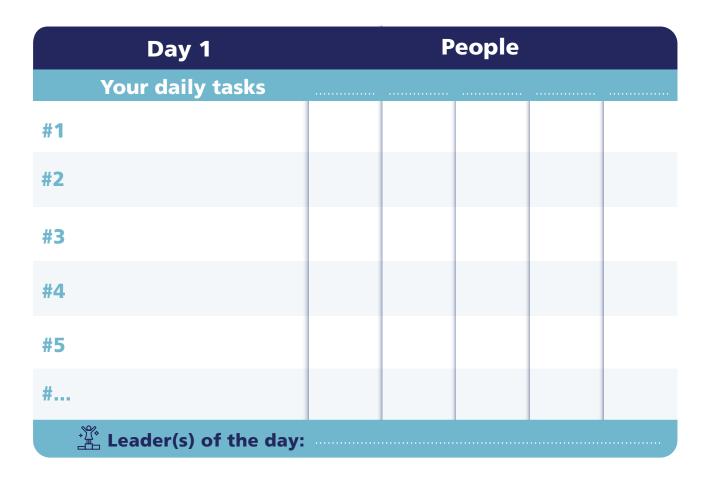
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- Each task: 1 point 5 days a week (Monday- Friday).

Task 1
Task 2
Task 3
Task 4
Task 5

ı	f you	have	kids	you	can	create	specif	ic	tasks:	

Task 1	
Task 2	
Task 3	
Task 4	

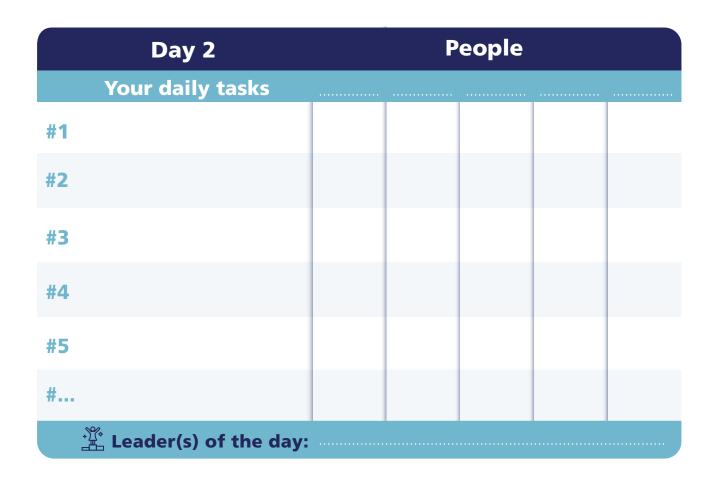


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Task 1	
Task 2	
Task 3	1
Task 4	l
Task 5	j

If you have kids you can create specific tasks:

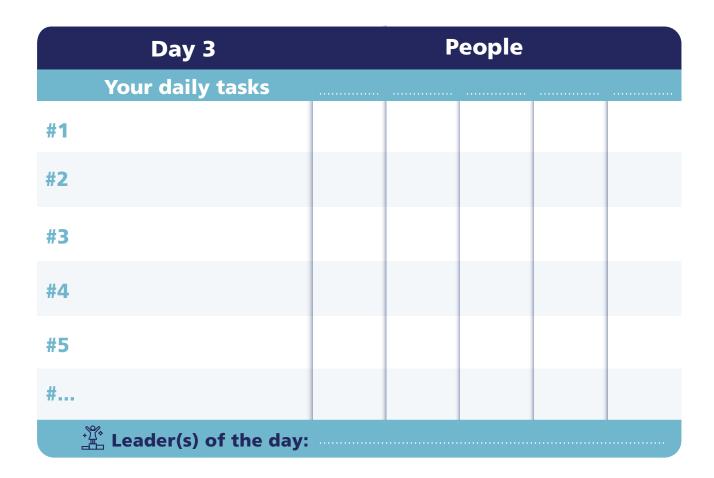


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Task 3			
Task 4			

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Task 2	
Task 3	
Task 4	
Tools F	

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Task 2	
Task 3	
Task 4	
Task 5	

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

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

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Task 2		
Task 3		
Task 4		

Task 5

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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	



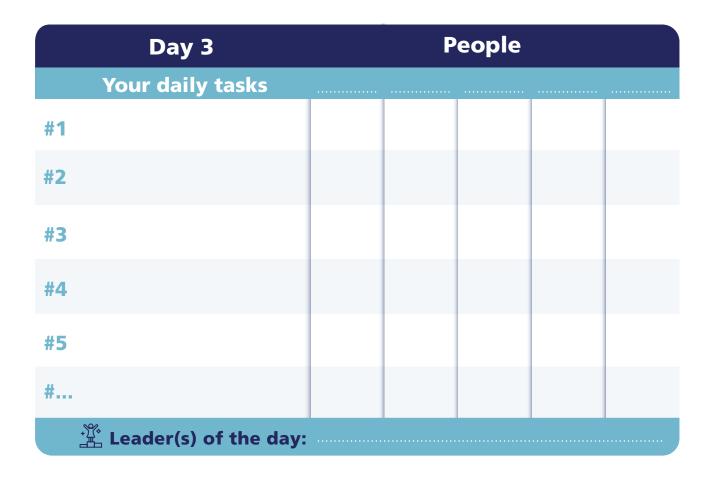
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Task 2	
Task 3	1
Task 4	l
Task 5	

If you have kids you can create specific tasks:

Task 1	
Task 2	
Task 3	

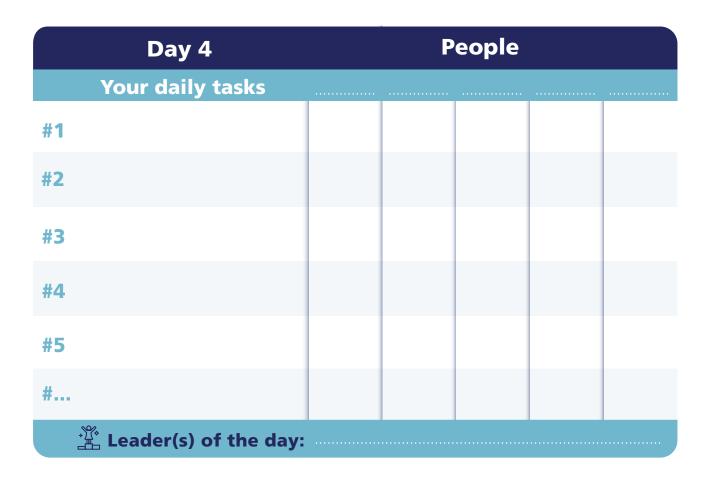


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Task 5	

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Task 2	
Task 3	
Task 4	l
Task 5	j

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

Task 4

Weekend: take a break, you deserve it!



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

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Task 1	
Task 2	
Task 3	
Task 4	

Task 5

Task 1 Task 2 Task 4



Task 3

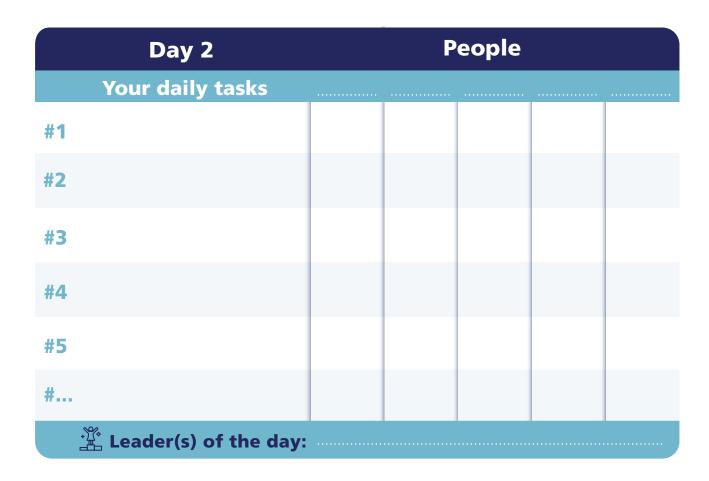
Task 4

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Task 1	
Task 2	
Task 3	
Task 4	

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

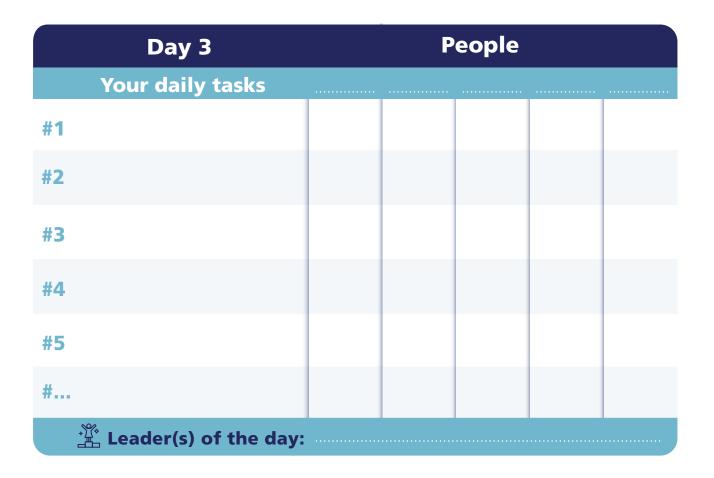


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Task 1	
Task 2	
Task 3	1
Task 4	l
Task 5	j

If you have kids you can create specific tasks:



Task 4

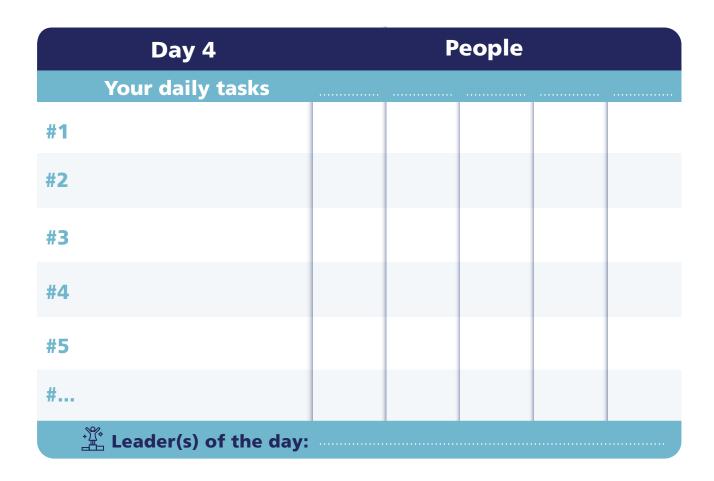
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Task 1	l
Task 2	
Task 3	
Task 4	l
Task 5	j

If you have kids you can create specific tasks:

Task 2
Task 3



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Task 1			
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Task 3			
Task 4			

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....

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Day 5	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



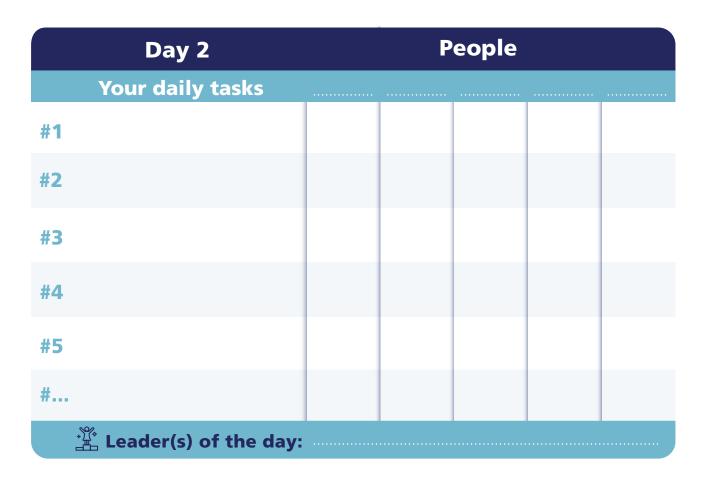
Task 4

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Task 1	
Task 2	
Task 3	
Task 4	

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



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Task 1	I
Task 2	
Task 3	1
Task 4	I
Task 5	5

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

Task 4



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Task 4	
Task 5	

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

Task 3



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

Task 4

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