

2022 Summer Challenge

Challenge yourself, your family & friends to complete this list every day before using electronics.



make kindness the norm.

- ♥ clean your room
- ♥ read for 20 minutes
- ♥ spend an hour in nature
- ♥ do an act of kindness for someone
- ♥ spend 20 minutes doing your favorite activity
- ♥ sit & color without distractions for 30 minutes.

SELF-CARE

- ♥ brush teeth
- ♥ brush hair
- ♥ eat breakfast
- ♥ get dressed
- ♥ drink 8oz of water

Track your progress from June 6-August 5

June

| sun | mon | tue | wed | thu | fri | sat |
|-----|-----|-----|-----|-----|-----|-----|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

___ / 25 days

July

| sun | mon | tue | wed | thu | fri | sat |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

___ / 31 days

August

| sun | mon | tue | wed | thu | fri | sat |
|-----|-----|-----|-----|-----|-----|-----|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

___ / 5 days

Total: ___ / 61 days

For more ideas, check out our community challenge books at www.randomactsofkindness.org/kindness-at-home

RANDOM ACTS OF KINDNESS
FOUNDATION®

