

SUMMER



RULES:

HAVE YOU:

- _____ MADE YOUR BED?
- _____ EATEN BREAKFAST?
- _____ BRUSHED YOUR TEETH?
- _____ BRUSHED YOUR HAIR?
- _____ GOTTEN DRESSED?
- _____ DONE YOUR CHORES?
- _____ DONE EXERCISES OR PULL-UP CHALLENGE?

Plus:

- _____ 20 MINUTES OF READING
- _____ 20 MINUTES OF MATH, WRITING, OR SCIENCE
- _____ CLEAN UP AN AREA IN THE HOUSE OR OUTSIDE
- _____ MAKE/BUILD SOMETHING CREATIVE (BESIDES LEGOS!)
- _____ HELP SOMEONE IN THE FAMILY
- _____ WALK THE DOG & PLAY WITH THE DOG
- _____ PLAY OUTSIDE FOR 60 MINUTES

THEN, YOU CAN USE A DEVICE OR
WATCH TV FOR 30 MINUTES!