



POST A
#FOSTER
HOPE
SELFIE

WEAR
MISMATCHED
SOCKS

LISTEN TO
A NEW
PODCAST

WALK PAST
A BODY OF
WATER

WEAR A
FUNNY
HAT

SHARE A
PHOTO
OF A
BIRD

WALK WITH
YOUR BEST
FRIEND
(DOESN'T HAVE TO
BE HUMAN)

THROW
AWAY
ROADSIDE
TRASH

TRY THE
CALM APP

WEAR
BRIGHT
BOTTOMS

PHONE A
FRIEND
TO SAY HI

SHARE A
PHOTO
WITH A
MOM YOU
KNOW

CATCH
THE
SUNRISE
OR SUNSET

BRING
YOUR
FAVORITE
SNACK

SHARE A
PHOTO
OF A
FLOWER

FIND AN
ANIMAL
SHAPED
CLOUD

WEAR YOUR
SHIRT INSIDE
OUT

WALK
BACKWARDS
PART OF THE
WAY

WEAR YOUR
SUNGLASSES
OR GLASSES
UPSIDE
DOWN

BRING YOUR
FAVORITE
BEVERAGE

START WITH
FIVE
STRETCHES

HUG A
TREE

WEAR RED,
WHITE, &
BLUE

DO A MILE
ON WHEELS

FIND AN
OUT OF
STATE
LICENSE
PLATE

DO 10
JUMPING
JACKS

SHARE A
PHOTO IN
YOUR
CHALLENGE
SHIRT



CHALLENGE NOTES

Empty rectangular box for challenge notes.