30 DAY

Family Challenge

A PDF FULL OF FAMILY, FUN AND GRATITUDE!

30 DAY *Activity Challenge*

SUN	MON	TUE	WED	THU	FRI	SAT
	1 MAKE A LIST OF GOALS FOR THE CHALLENGE	**2** CREATE A HANDPRINT CRAFT	**3** WATCH A MOVIE	**4** LIST THINGS YOU'RE GRATEFUL FOR	**5** MAKE A BIRDFEEDER	**6** DRAW A FAMILY PORTRAIT
7 ORGANIZE A TAG FOOTBALL GAME	**8** BAKE A PUMPKIN RECIPE	**9** PLAY A CARD GAME	**10** SING A SONG TOGETHER	**11** DELIVER FLOWERS TO SOMEONE	**12** HAVE A BONFIRE	**13** HOST A COMMUNITY CLEAN UP DAY
14 GO FOR A NATURE WALK	**15** BAKE HOMEMADE DONUTS	**16** MAKE AN INDOOR FORT	**17** LEARN HOW TO DO LAUNDRY	**18** DELIVER A CARD TO A NEIGHBOR	**19** MAKE A VEGAN RECIPE	**20** HAVE A READ IN
21 MAKE DINNER FOR YOUR FAMILY	**22** GO BIRD WATCHING	**23** MAKE HOT COCOA	**24** GROUP CHAT A FRIEND FROM FAR AWAY	**24** MAKE A SNACK BOARD	**25** TAKE A WALK	**26** SHOP AT A SMALL BUSINESS
27 MAKE PANCAKES	**28** MAKE A GOAL LIST FOR 2022	**29** WALK A NEIGHBORS DOG	**30** CELEBRATE YOUR CHALLENGE			

30 DAY

Gratitude Challenge

TAKE TIME AS A FAMILY TO BRAINSTORM ONE THING YOU ARE GRATEFUL FOR EACH DAY, FOR 30 DAYS!

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WEEKLY
Recipe Challenge

WEEK 1	WEEK 2	WEEK 3	WEEK 4
SOUTHWESTERN EGG CUP	FOUR INGREDIENT DROP BISCUITS	BREAKFAST BANANA MUFFINS	HOLIDAY SPICE OATMEAL
CAULIFLOWER WINGS	APPLE CIDER DONUT BALLS	HOMEMADE HUMMUS	CAULIFLOWER NACHOS
TERIYAKI CHICKEN STIR-FRY	CHICKEN BURRITO BOWL	TURKEY AND LETTUCE WRAPS	VEGGIE QUESADILLA
CHICKEN PICCATA	PORTOBELLO BURGERS	CHICKEN FRIED RICE	CHEESESTEAK SLIDERS
NO BAKE S'MORES BARS	PUMPKIN DONUTS	APPLE CINNAMON QUESADILLA	UNICORN BARK