



## **July “Sharpen the Saw” Challenge**

**We want to help you continue to live out the 7 Habits at home this summer. Summer is a great chance to “Sharpen the Saw” and do things that recharge your mind, body, heart, and soul.**

**We want your whole family to set a goal and participate!**

**Be sure to take pictures along the way and send to [jdebosch@parkwayschools.net](mailto:jdebosch@parkwayschools.net).**

**It was a stressful year and we all need to take care of ourselves so we are ready to start back to school in August refreshed!**

Name: \_\_\_\_\_

I will complete \_\_\_\_\_ Sharpen the Saw Challenges by July 31, 2021.

Exercise	Healthy Eating	Mind	Sleep	Heart and Soul	Bonus: Reading
Go for a walk (take your dog)	Eat a healthy snack	Read 20 minutes	Set a consistent bedtime goal with your parents	Write a thank you or thinking of you note to a friend	Read a picture book
Do 25 jumping jacks	Drink 3 glasses of water a day	Do a puzzle	No screen time 30 minutes before bed	Smile at 10 people in a day	Read 20 minutes outside
Jump rope 10 minutes	Eat a fruit	Play a board game	Take a nap/rest time on the weekend	Complete a random act of kindness	Read for 20 minutes to a family member
Play a sport	Eat a vegetable	Watch an educational show	Stretch after waking up in the morning	Donate time or items to a local organization that help others	Read for 20 minutes to a pet
Ride a bike	Have 3 different color foods on your plate	Complete a mediation session	Straighten up your room before bed	Give 5 compliments	Read for 20 minutes to a stuffed animal
Dance for 10 minutes	Wash your hands before eating	Set/Work towards a goal	Set out your clothes for the next day	Focus on one of the 7 Habits for a day	Read for 20 minutes in a fort/under a table

Did I meet my goal? **YES** or **NO**