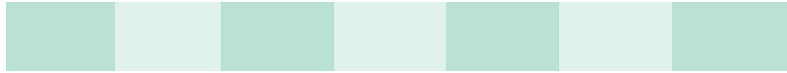
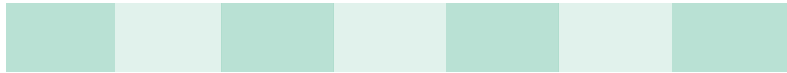


SAT. SUN. MON. TUES. WED. THU. FRI.

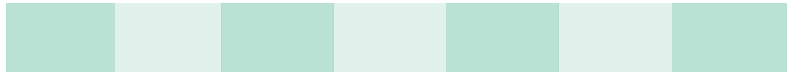
Meditate or find silence for eight minutes a day.



Do 80 pushups over the course of the week.



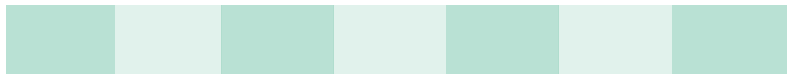
Hold a plank for 80 seconds one day this week.



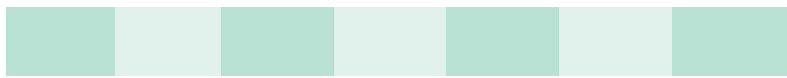
Write eight things you are grateful for each day in a journal.



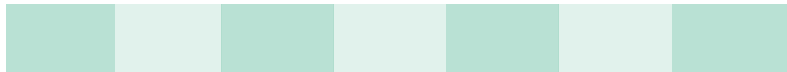
Smile at eight people each day.



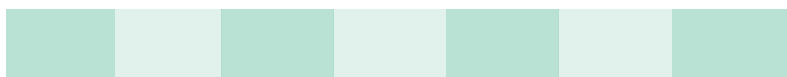
Find time to take eight deep breaths each day (*inhaling for eight counts with a pause, and exhaling for eight counts*).



Try one activity you have never done before this week.



Pick one day to spend eight hours completely digital free (*no computer, no cell phone, no TV*).





Join our

80TH CHALLENGE!



RANCHO LA PUERTA

NAME _____

ROOM _____

