

I'm Bored Challenge!

Your goal is to complete as many of these goals as possible by May 24th. When you have completed all that you are able to, add up your total. If you get 200 or more points you will be rewarded with a gift when we are able to meet in person again. The person with the highest total will get a \$10 Amazon gift card. Before class on the 24th, please take a picture of this sheet and either e-mail it to me (cgoslow@sjvpar.net), or attach it as a reply to a Flocknote. Let me know if you have any questions . The Challenge. Starts. Now!

5 Point Goals - _____ out of 50 points

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| _____ Drink a cup of water | _____ Do twenty jumping jacks |
| _____ Take out the trash | _____ Make a paper airplane |
| _____ Eat a vegetable | _____ Draw a picture |
| _____ Do 5 squats | _____ Make your bed |
| _____ Wash your hands while saying an Our Father | _____ Open a window or door & breathe some fresh air. |

10 Point Goals - _____ out of 100 points

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| _____ Go one hour without your phone | _____ Play rock-paper-scissors |
| _____ Make a snowflake out of paper | _____ Share a Bible verse on Flocknote |
| _____ Play tic-tac-toe with someone | _____ Stretch for 5 minutes |
| _____ Wash the dishes | _____ Call a friend |
| _____ Do a crossword puzzle or word find | _____ List three ways you hope to grow during the quarantine |

20 Point Goals - _____ out of 200 points

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| _____ Listen to a song by Matt Mahr | _____ Watch a video from Chris Stefanick |
| _____ Watch a Sunday mass online | _____ Read one chapter of the Bible |
| _____ Watch a video on Formed.org | _____ Do a daily devotional (see odb.org) |
| _____ Pray a rosary | _____ Spend 5 minutes in prayer for 3 days in a row |
| _____ Watch a video from Fr. Mike Schmitz | |
| _____ Watch a video from Mark Hart | |

Your Grand Total: _____ out of 350 points