

My 20-Minute Break Challenge

Name: _____ Start date: _____

Day	What I did	20 min
1		☐
2		☐
3		☐
4		☐
5		☐
6		☐
7		☐
8		☐
9		☐
10		☐
11		☐
12		☐
13		☐

Day	What I did	20 min
14		☐

Reward when I finish: _____