



CHALLENGE CHALLENGE CHALLENGE

<p>Camouflage Training; invisibility challenges</p> <p>Mon <input type="checkbox"/> Wed <input type="checkbox"/> Fri <input type="checkbox"/> Tue <input type="checkbox"/> Thu <input type="checkbox"/> Sat <input type="checkbox"/> Sun <input type="checkbox"/></p>	<p>Silent Movement Practice; walking without sound in the woods</p> <p>Mon <input type="checkbox"/> Wed <input type="checkbox"/> Fri <input type="checkbox"/> Tue <input type="checkbox"/> Thu <input type="checkbox"/> Sat <input type="checkbox"/> Sun <input type="checkbox"/></p>	<p>Balancing Practice; a pillow, a book, beanbag, doll</p> <p>Mon <input type="checkbox"/> Wed <input type="checkbox"/> Fri <input type="checkbox"/> Tue <input type="checkbox"/> Thu <input type="checkbox"/> Sat <input type="checkbox"/> Sun <input type="checkbox"/></p>
<p>Breathing practice; meditative breathing while walking/ sitting 30 sec. a day</p> <p>Mon <input type="checkbox"/> Wed <input type="checkbox"/> Fri <input type="checkbox"/> Tue <input type="checkbox"/> Thu <input type="checkbox"/> Sat <input type="checkbox"/> Sun <input type="checkbox"/></p>	<p>Problem Solving Games/Challenges; puzzles, riddles, trick boxes</p> <p>Mon <input type="checkbox"/> Wed <input type="checkbox"/> Fri <input type="checkbox"/> Tue <input type="checkbox"/> Thu <input type="checkbox"/> Sat <input type="checkbox"/> Sun <input type="checkbox"/></p>	<p>Adaptability; Find a new way to get to the same places you usually go</p> <p>Mon <input type="checkbox"/> Wed <input type="checkbox"/> Fri <input type="checkbox"/> Tue <input type="checkbox"/> Thu <input type="checkbox"/> Sat <input type="checkbox"/> Sun <input type="checkbox"/></p>
<p>Adaptability: Say yes to something you would usually say no to (a food, game etc)</p> <p>Mon <input type="checkbox"/> Wed <input type="checkbox"/> Fri <input type="checkbox"/> Tue <input type="checkbox"/> Thu <input type="checkbox"/> Sat <input type="checkbox"/> Sun <input type="checkbox"/></p>	<p>Try to cook the same dish in three different ways</p> <p>Mon <input type="checkbox"/> Wed <input type="checkbox"/> Fri <input type="checkbox"/> Tue <input type="checkbox"/> Thu <input type="checkbox"/> Sat <input type="checkbox"/> Sun <input type="checkbox"/></p>	<p>Create Your Own Challenges</p> <hr/> <hr/> <hr/> <hr/>