

35 TOUGH BINGO CARD

- TWO 15-MIN EXERCISE
- DRINK 4 GLASSES OF WATER
- READ 10 PAGES
- NO CANDY OR DESSERT
- MAKE YOUR BED

35 TOUGH CHALLENGE FOR KIDS UNDER 15

NAME _____

- CHECK THE BOXES AS YOU COMPLETE DAILY TASKS

1 <input type="checkbox"/> 1ST 15-MIN EXERCISE <input type="checkbox"/> 2ND 15-MIN EXERCISE <input type="checkbox"/> DRINK 4 GLASSES WATER <input type="checkbox"/> READ 10 PAGES <input type="checkbox"/> NO CANDY OR DESSERT <input type="checkbox"/> MAKE YOUR BED	2 <input type="checkbox"/> 1ST 15-MIN EXERCISE <input type="checkbox"/> 2ND 15-MIN EXERCISE <input type="checkbox"/> DRINK 4 GLASSES WATER <input type="checkbox"/> READ 10 PAGES <input type="checkbox"/> NO CANDY OR DESSERT <input type="checkbox"/> MAKE YOUR BED	3 <input type="checkbox"/> 1ST 15-MIN EXERCISE <input type="checkbox"/> 2ND 15-MIN EXERCISE <input type="checkbox"/> DRINK 4 GLASSES WATER <input type="checkbox"/> READ 10 PAGES <input type="checkbox"/> NO CANDY OR DESSERT <input type="checkbox"/> MAKE YOUR BED	4 <input type="checkbox"/> 1ST 15-MIN EXERCISE <input type="checkbox"/> 2ND 15-MIN EXERCISE <input type="checkbox"/> DRINK 4 GLASSES WATER <input type="checkbox"/> READ 10 PAGES <input type="checkbox"/> NO CANDY OR DESSERT <input type="checkbox"/> MAKE YOUR BED	5 <input type="checkbox"/> 1ST 15-MIN EXERCISE <input type="checkbox"/> 2ND 15-MIN EXERCISE <input type="checkbox"/> DRINK 4 GLASSES WATER <input type="checkbox"/> READ 10 PAGES <input type="checkbox"/> NO CANDY OR DESSERT <input type="checkbox"/> MAKE YOUR BED	6 <input type="checkbox"/> 1ST 15-MIN EXERCISE <input type="checkbox"/> 2ND 15-MIN EXERCISE <input type="checkbox"/> DRINK 4 GLASSES WATER <input type="checkbox"/> READ 10 PAGES <input type="checkbox"/> NO CANDY OR DESSERT <input type="checkbox"/> MAKE YOUR BED	7 <input type="checkbox"/> 1ST 15-MIN EXERCISE <input type="checkbox"/> 2ND 15-MIN EXERCISE <input type="checkbox"/> DRINK 4 GLASSES WATER <input type="checkbox"/> READ 10 PAGES <input type="checkbox"/> NO CANDY OR DESSERT <input type="checkbox"/> MAKE YOUR BED
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22 <input type="checkbox"/> 1ST 15-MIN EXERCISE <input type="checkbox"/> 2ND 15-MIN EXERCISE <input type="checkbox"/> DRINK 4 GLASSES WATER <input type="checkbox"/> READ 10 PAGES <input type="checkbox"/> NO CANDY OR DESSERT <input type="checkbox"/> MAKE YOUR BED	23 <input type="checkbox"/> 1ST 15-MIN EXERCISE <input type="checkbox"/> 2ND 15-MIN EXERCISE <input type="checkbox"/> DRINK 4 GLASSES WATER <input type="checkbox"/> READ 10 PAGES <input type="checkbox"/> NO CANDY OR DESSERT <input type="checkbox"/> MAKE YOUR BED	24 <input type="checkbox"/> 1ST 15-MIN EXERCISE <input type="checkbox"/> 2ND 15-MIN EXERCISE <input type="checkbox"/> DRINK 4 GLASSES WATER <input type="checkbox"/> READ 10 PAGES <input type="checkbox"/> NO CANDY OR DESSERT <input type="checkbox"/> MAKE YOUR BED	25 <input type="checkbox"/> 1ST 15-MIN EXERCISE <input type="checkbox"/> 2ND 15-MIN EXERCISE <input type="checkbox"/> DRINK 4 GLASSES WATER <input type="checkbox"/> READ 10 PAGES <input type="checkbox"/> NO CANDY OR DESSERT <input type="checkbox"/> MAKE YOUR BED	26 <input type="checkbox"/> 1ST 15-MIN EXERCISE <input type="checkbox"/> 2ND 15-MIN EXERCISE <input type="checkbox"/> DRINK 4 GLASSES WATER <input type="checkbox"/> READ 10 PAGES <input type="checkbox"/> NO CANDY OR DESSERT <input type="checkbox"/> MAKE YOUR BED	27 <input type="checkbox"/> 1ST 15-MIN EXERCISE <input type="checkbox"/> 2ND 15-MIN EXERCISE <input type="checkbox"/> DRINK 4 GLASSES WATER <input type="checkbox"/> READ 10 PAGES <input type="checkbox"/> NO CANDY OR DESSERT <input type="checkbox"/> MAKE YOUR BED	28 <input type="checkbox"/> 1ST 15-MIN EXERCISE <input type="checkbox"/> 2ND 15-MIN EXERCISE <input type="checkbox"/> DRINK 4 GLASSES WATER <input type="checkbox"/> READ 10 PAGES <input type="checkbox"/> NO CANDY OR DESSERT <input type="checkbox"/> MAKE YOUR BED
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TEACH YOUR KIDS

35TOUGH IS A MENTAL TOUGHNESS AND DISCIPLINE CHALLENGE. LEARN THE IMPORTANCE OF CONSISTENCY TO BUILD CONFIDENCE AND SELF-ESTEEM.

YES...

YOUNG ENTREPRENEURS SYNDICATE

INSPIRED BY ANDY FRISELLA AND 75HARD.
THANK YOU FOR TEACHING ADULTS THE
IMPORTANCE OF ZERO OPTION,
ZERO COMPROMISE. #LIVEHARD

