

Highs N Lows

The High N Lows challenge invites you to discuss your day as a family for 20 out of the next 30 days. Here's how it works: Each person takes a turn sharing the best thing (their high) and the worst thing (their low) that happened of the day. If dinnertime is not practical for your family, pick another, like bedtime. If you don't live with family, try it with your roommates, or set a time to phone a friend. Talking about the triumphs and trials of life can be fun, relaxing, and even therapeutic. To complete the challenge, track "YES" 20 days.

June 1	June 2	June 3	June 4	June 5	June 6	June 7
June 8	June 9	June 10	June 11	June 12	June 13	June 14
June 15	June 16	June 17	June 18	June 19	June 20	June 21
June 22	June 23	June 24	June 25	June 26	June 27	June 28
June 29	June 30					

I've completed the challenge!

(Print Name)