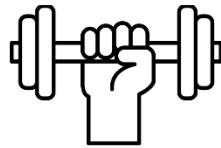




# 6+1 CHALLENGE

ONE DAY AT A TIME





# 6+1 CHALLENGE

## What Is It?

The **6+1 Challenge** is a school-friendly, student-driven version of those tough online habit challenges you've heard about. It keeps the intent (daily non-negotiables, accountability, growth) but drops the extremes.

**Goal:** To help every student become the best version of themselves through small, consistent steps.

## How Does It Work?

The **6+1 Challenge** is simple but powerful! Each student begins by choosing six personal daily goals, two from each category: **Mind**, **Body**, and **Heart**. These goals become your non-negotiables, the habits you commit to practicing every single day. Once you've chosen, you lock them in; no swapping or changing halfway through. The challenge is about consistency, discipline, and seeing what happens when you stick with your commitments.

On top of your six, there's also the **+1 Anchor Habit** that unites everyone: a daily reflection at the end of the day. This is a short, guided prompt that rotates from day to day, inviting you to think about what you learned, how you grew, or how you impacted others. Every student, no matter which six goals they've chosen, will close out the day with this reflection.

The challenge comes in different levels so everyone can find a starting point. Seven days is a quick on-ramp that helps you test the waters and build confidence. Fifteen days is about proving consistency and showing yourself that you can sustain healthy habits. And for those ready to push further, thirty days (or more) is a full commitment, where daily habits begin to shape your behavior and identity.



# MIND

## *Discipline and Focus*

---

**Goal 1.** Read for at least 15 minutes (not for class)

Choose a book you enjoy and read with your eyes on the page for 15 minutes. Audiobooks don't count for this goal.

**Goal 2.** Complete all homework with integrity

Finish your work honestly and turn it in on time; no cheating, no copy/paste.

**Goal 3.** No screen time between 10 PM and 6 AM

No phones, games, or videos to protect your sleep. Use an alarm clock or charge your device out of reach.

**Goal 4.** Less than one hour of personal screen time

Keep "for fun" screen use (socials, games, videos) under 60 minutes outside of schoolwork.

**Goal 5.** Journal about one thing you learned today

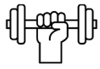
Write one short sentence about something you learned: school, life, or about yourself. Keep it simple and honest.

**Goal 6.** Watch a TED Talk each day

Watch one short talk (5–15 minutes) that stretches your thinking, then jot one key takeaway.

**Goal 7.** Practice a foreign language

Complete one short practice session (e.g., a Duolingo lesson or flashcards).



# BODY

## *Physical Health*

---

### **Goal 1.** Sports practice/game or a 20-minute walk outside

Move your body daily; practice counts if you participate fully, or take a brisk 20-minute walk. Bad weather? Do laps or a short indoor circuit.

### **Goal 2.** 25 push-ups or 25 sit-ups

Get your reps in today; break them into smaller sets if needed. Modify safely (incline/knee push-ups or core variations are okay).

### **Goal 3.** Stretch for 10 minutes

Loosen tight areas from sitting or sports with a simple stretch routine. Aim for slow, gentle movements with no pain. A yoga/Pilates routine online can help.

### **Goal 4.** Drink at least 64 oz. of water

Carry a bottle and sip throughout the day; 64 oz. is roughly two big refills. Flavor with fruit if it helps.

### **Goal 5.** Bed by 10 PM or at least 8 hours of sleep

Aim for a consistent bedtime or make sure you total eight hours. Wind down early by packing your bag and dimming screens.

### **Goal 6.** No energy drinks or soda

Skip energy drinks and soda to avoid sugar/caffeine crashes. Choose water, milk, or unsweetened tea instead.

### **Goal 7.** No screen 30 minutes before bed

Power down early to help your brain sleep. Use the time to read, stretch, or plan tomorrow.



# HEART

## *Character and Relationships*

---

### **Goal 1.** One daily act of kindness

Do something that helps, encourages, or serves someone, big or small. If you're unsure, try doing something for someone that you'd want someone to do for you.

### **Goal 2.** No phones at meals; talk with people

Keep phones away and start a real conversation. Ask simple questions and listen.

### **Goal 3.** Write a note of encouragement/thanks

Give specific, genuine praise or thanks to someone today. A sticky note, quick card, or short text all count.

### **Goal 4.** Ask & Reflect

Ask someone about their interests or goals, then write 1–2 sentences about what you heard and why it matters to them. Listening fully is part of the goal.

### **Goal 5.** Gratitude (3 things daily)

Write three things you're thankful for, small counts (a laugh, good weather, finishing an assignment). Repeat items are okay.

### **Goal 6.** Silent 5

Spend five quiet minutes thinking, breathing, or praying. Sit still, breathe slowly, and let your mind settle.

### **Goal 7.** Three Wins + One Growth Point

Name three things you did well today and one thing to improve upon tomorrow. Keep it honest and specific so you can act on it.

# MY COMMITMENT

**My 6 Goals (two from each category):**

**Mind** (Discipline and Focus)



1.

2.

**Body** (Physical Health)



1.

2.

**Heart** (Character and Relationships)



1.

2.

When you sign your name, you are making a promise to yourself and your team. For 15 days, these are your non-negotiables, the habits you'll practice every single day, even when it's hard or inconvenient. Commitment means sticking with the goals you chose, not changing them halfway, and holding yourself accountable. You won't be perfect every day, but you will keep showing up, keep trying, and keep pushing to become the best version of you.

---

Student Signature

Date

1

*Every journey begins with a single step.*

## MY 6 DAILY GOALS

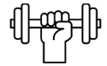
---

**Mind (Discipline and Focus)**



---

**Body (Physical Health)**



Date:

Heart (Character and Relationships)



Step Tracker

0 to 1,999	2,000 to 3,999	4,000 to 5,999	6,000 to 7,999	8,000 to 9,999	10,000+
------------------	----------------------	----------------------	----------------------	----------------------	---------

Mood Tracker

*(how I felt today)*



Rate the Day

*(how the day went)*



+1 Anchor Reflection

*What is one thing you did today that you're proud of?*

---

---

---

**2**

*If I cannot do great things, I can do small things in a great way.*

## MY 6 DAILY GOALS

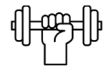
---

**Mind (Discipline and Focus)**



---

**Body (Physical Health)**



Date: \_\_\_\_\_

## Heart (Character and Relationships)



### Step Tracker

0 to 1,999	2,000 to 3,999	4,000 to 5,999	6,000 to 7,999	8,000 to 9,999	10,000+
------------------	----------------------	----------------------	----------------------	----------------------	---------

### Mood Tracker

*(how I felt today)*



### Rate the Day

*(how the day went)*



### +1 Anchor Reflection

*Who encouraged me today, and how?*

---

---

---

**3**

*It is often the small steps, not the giant leaps, that bring about the most lasting change.*

## MY 6 DAILY GOALS

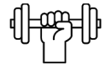
---

**Mind (Discipline and Focus)**



---

**Body (Physical Health)**



Date:

Heart (Character and Relationships)



Step Tracker

0 to 1,999	2,000 to 3,999	4,000 to 5,999	6,000 to 7,999	8,000 to 9,999	10,000+
------------------	----------------------	----------------------	----------------------	----------------------	---------

Mood Tracker

*(how I felt today)*



Rate the Day

*(how the day went)*



+1 Anchor Reflection

*Where did I choose patience today?*

---

---

---

**4**

*Act as if what you do makes a difference. It does.*

## MY 6 DAILY GOALS

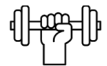
---

**Mind (Discipline and Focus)**



---

**Body (Physical Health)**



Date:

---

## Heart (Character and Relationships)



### Step Tracker

0 to 1,999	2,000 to 3,999	4,000 to 5,999	6,000 to 7,999	8,000 to 9,999	10,000+
------------------	----------------------	----------------------	----------------------	----------------------	---------

### Mood Tracker

*(how I felt today)*



### Rate the Day

*(how the day went)*



### +1 Anchor Reflection

*What's one thing I want to ask for help with?*

---

---

---

**5**

*Believe you can and you're halfway there.*

## MY 6 DAILY GOALS

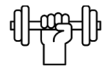
---

**Mind (Discipline and Focus)**



---

**Body (Physical Health)**



Date:

---

## Heart (Character and Relationships)



### Step Tracker

0 to 1,999	2,000 to 3,999	4,000 to 5,999	6,000 to 7,999	8,000 to 9,999	10,000+
------------------	----------------------	----------------------	----------------------	----------------------	---------

### Mood Tracker

*(how I felt today)*



### Rate the Day

*(how the day went)*



### +1 Anchor Reflection

*What drained me today and how can I handle it better?*

---

---

---

**6**

*We will fail when we fail to try.*

## MY 6 DAILY GOALS

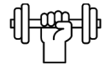
---

**Mind (Discipline and Focus)**



---

**Body (Physical Health)**



Date:

---

## Heart (Character and Relationships)



### Step Tracker

0 to 1,999	2,000 to 3,999	4,000 to 5,999	6,000 to 7,999	8,000 to 9,999	10,000+
------------------	----------------------	----------------------	----------------------	----------------------	---------

### Mood Tracker

*(how I felt today)*



### Rate the Day

*(how the day went)*



### +1 Anchor Reflection

*What energized me today?*

---

---

---

**7**

*You must do the things you think you cannot do.*

## MY 6 DAILY GOALS

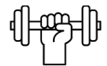
---

**Mind (Discipline and Focus)**



---

**Body (Physical Health)**



Date:

Heart (Character and Relationships)



Step Tracker

0 to 1,999	2,000 to 3,999	4,000 to 5,999	6,000 to 7,999	8,000 to 9,999	10,000+
------------------	----------------------	----------------------	----------------------	----------------------	---------

Mood Tracker

*(how I felt today)*



Rate the Day

*(how the day went)*



+1 Anchor Reflection

*What is one distraction I overcame today?*

---

---

---

8

*Consistency beats intensity.*

## MY 6 DAILY GOALS

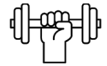
---

**Mind (Discipline and Focus)**



---

**Body (Physical Health)**



Date: \_\_\_\_\_

## Heart (Character and Relationships)



### Step Tracker

0 to 1,999	2,000 to 3,999	4,000 to 5,999	6,000 to 7,999	8,000 to 9,999	10,000+
------------------	----------------------	----------------------	----------------------	----------------------	---------

### Mood Tracker

*(how I felt today)*



### Rate the Day

*(how the day went)*



### +1 Anchor Reflection

*How did I take care of my body today?*

---

---

---

9

*Every day is a new beginning.*

## MY 6 DAILY GOALS

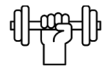
---

**Mind (Discipline and Focus)**



---

**Body (Physical Health)**



Date:

Heart (Character and Relationships)



Step Tracker

0 to 1,999	2,000 to 3,999	4,000 to 5,999	6,000 to 7,999	8,000 to 9,999	10,000+
------------------	----------------------	----------------------	----------------------	----------------------	---------

Mood Tracker

*(how I felt today)*



Rate the Day

*(how the day went)*



+1 Anchor Reflection

*What am I learning about who I am?*

---

---

---

**10**

*Don't wish for it. Work for it.*

## MY 6 DAILY GOALS

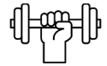
---

**Mind (Discipline and Focus)**



---

**Body (Physical Health)**



Date: \_\_\_\_\_

## Heart (Character and Relationships)



### Step Tracker

0 to 1,999	2,000 to 3,999	4,000 to 5,999	6,000 to 7,999	8,000 to 9,999	10,000+
------------------	----------------------	----------------------	----------------------	----------------------	---------

### Mood Tracker

*(how I felt today)*



### Rate the Day

*(how the day went)*



### +1 Anchor Reflection

*What's a fear that I faced today (even a small one)?*

---

---

---

**11**

*Growth begins at the edge of your comfort zone.*

## MY 6 DAILY GOALS

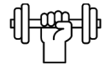
---

**Mind (Discipline and Focus)**



---

**Body (Physical Health)**



Date: \_\_\_\_\_

## Heart (Character and Relationships)



### Step Tracker

0 to 1,999	2,000 to 3,999	4,000 to 5,999	6,000 to 7,999	8,000 to 9,999	10,000+
------------------	----------------------	----------------------	----------------------	----------------------	---------

### Mood Tracker

*(how I felt today)*



### Rate the Day

*(how the day went)*



### +1 Anchor Reflection

*What mistake did I learn from today?*

---

---

---

**12**

*Small habits create big change.*

## MY 6 DAILY GOALS

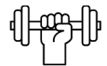
---

**Mind (Discipline and Focus)**



---

**Body (Physical Health)**



Date:

Heart (Character and Relationships)



Step Tracker

0 to 1,999	2,000 to 3,999	4,000 to 5,999	6,000 to 7,999	8,000 to 9,999	10,000+
------------------	----------------------	----------------------	----------------------	----------------------	---------

Mood Tracker

*(how I felt today)*



Rate the Day

*(how the day went)*



+1 Anchor Reflection

*What is a habit that's getting easier? Why?*

---

---

---

**13**

*Progress is progress, no matter how small.*

## MY 6 DAILY GOALS

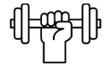
---

**Mind (Discipline and Focus)**



---

**Body (Physical Health)**



Date: \_\_\_\_\_

## Heart (Character and Relationships)



### Step Tracker

0 to 1,999	2,000 to 3,999	4,000 to 5,999	6,000 to 7,999	8,000 to 9,999	10,000+
------------------	----------------------	----------------------	----------------------	----------------------	---------

### Mood Tracker

*(how I felt today)*



### Rate the Day

*(how the day went)*



### +1 Anchor Reflection

*What's a habit that's still hard? Why?*

---

---

---

**14**

*Discipline is the bridge between goals and accomplishment.*

## MY 6 DAILY GOALS

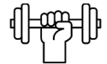
---

**Mind (Discipline and Focus)**



---

**Body (Physical Health)**



Date:

Heart (Character and Relationships)



Step Tracker

0 to 1,999	2,000 to 3,999	4,000 to 5,999	6,000 to 7,999	8,000 to 9,999	10,000+
------------------	----------------------	----------------------	----------------------	----------------------	---------

Mood Tracker

*(how I felt today)*



Rate the Day

*(how the day went)*



+1 Anchor Reflection

*What did I read/hear today that stuck with me?*

---

---

---

**15**

*Your future is built by what you do today.*

## MY 6 DAILY GOALS

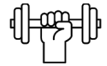
---

**Mind (Discipline and Focus)**



---

**Body (Physical Health)**



Date:

## Heart (Character and Relationships)



### Step Tracker

0 to 1,999	2,000 to 3,999	4,000 to 5,999	6,000 to 7,999	8,000 to 9,999	10,000+
------------------	----------------------	----------------------	----------------------	----------------------	---------

### Mood Tracker

*(how I felt today)*



### Rate the Day

*(how the day went)*



### +1 Anchor Reflection

*What would future-me thank present-me for doing today?*

---

---

---

# COLORING PAGE



# FINAL REFLECTION

1. Looking back over the past 15 days, what was the hardest part of this challenge, and what did you learn about yourself from it?
2. Which habit made the biggest difference in your life, and how could you keep it going after the challenge ends?
3. How do you think you grew in **Mind, Body, and Heart** during this challenge?
4. If you were encouraging a friend to try the **6+1 Challenge**, what advice would you give them?