

Choose your challenge cards

Print these out and cut them up to figure out what you should work towards for your Personal Challenge Award.



Action word	Object	How often	For how long
Brush	my teeth	every day	for two weeks.
Walk	my dog	twice a day	for a whole week.
Try	something new	once	for a month.
Clean	my bedroom	three times a week	for a month.
Look after	my sibling	once a day	for two weeks.
Remember	my scarf	every week	for three months.
Feed	my pet	everyday	for a whole week.

Wash	the dishes	once a day	for two weeks.
Look after	a new Beaver	once a week	for a term.
Finish	my homework	every day	for half a term.
Lead	a game at Beavers	once a week	for half a term.
Look after	my plants	every day	for three months.
Clean	my football boots	every week	for three months.
Practise	my musical instrument	every day	for a month.
Visit	an elderly neighbour	every week	for three months.
Clean out	a pet's cage	every week	for three months.
Tidy up	my toys	every day	for three months.
Learn	a new poem	every week	for a month.