
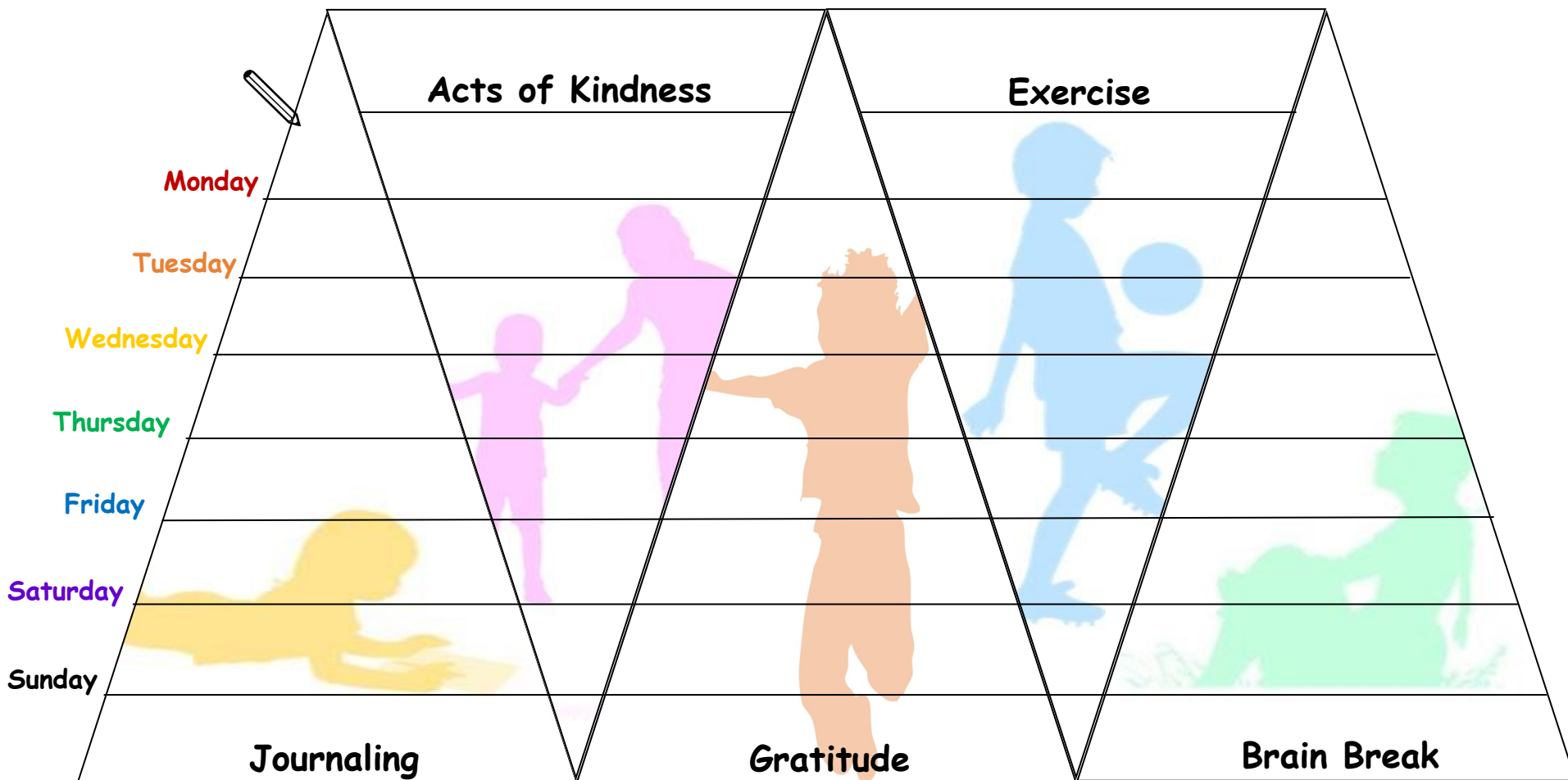

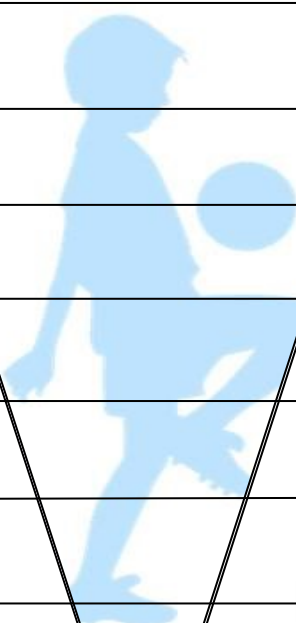




Happiness Advantage Challenge

Name: _____

 Check off as completed.



	Acts of Kindness	Exercise	Brain Break
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Parent's Signature: _____

3 Gratitudes

Journaling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday