

# MY ACTIVITY CHART

On the first day of Peter Walsh's Family First Challenge, fill out the first three columns of this chart. On the last day of the challenge, complete the last two columns to decide whether you'd like to keep doing each activity.

NAME OF ACTIVITY OR LESSON	WHAT I LIKE MOST ABOUT THIS ACTIVITY	WHAT I LIKE LEAST ABOUT THIS ACTIVITY	HOW I FELT WHEN I TOOK A WEEK OFF FROM THIS ACTIVITY	DO I WANT TO KEEP DOING THIS ACTIVITY?