



L U V B B

Write a spooky short story or poem and share it with your coach	1 WHOLE weekend day with no screen time	Post a photo doing home exercises to Instagram and tag us	Check-in at BB on your Facebook page	Write down three things that brought you joy today.
Teach a friend two of your BB exercises	Write a positive affirmation and say it to yourself throughout the day	Create a piece of art inspired by your favorite BB activity	Write a positive change you see in yourself & turn it in at the front desk	Register yourself as a household on the teal pumpkin map. Ask us how!
Go on a family walk. Take photos along the way!	Practice a deep breathing exercise to calm strong emotions. Show your coach!	FREE SPACE	1 WHOLE day with NO screen time. You can do it!	Write a thank you note to your favorite coach or director.
Touch and describe a mysterious object while blindfolded	1 WHOLE day without processed foods	Write down three things you're grateful for today.	Eat a brain-boosting snack (e.g., nuts or berries)	Post a photo of you making a healthy treat on Instagram & tag us
Say something nice to a friend at BB	Donate a big bag of candy for our candy buy-back event	1 WHOLE day without sweets. You can do it!	Visit a new park. Take silly photos and show us!	Take a brain break and move your body!

