

WEEK	Motivation	Activity
Week #1	Motivational Video from Brian Start your motors running	Create a Bucket to collect your Change
Week #2	"If it doesn't challenge you, it doesn't change you" - Fred DeVito*	Tweet out "Why We Do the Run4Change" with pictures of class/school doing the 20/20 @WeRun4Change #Run4Change2016
Week #3	"Some of the world's greatest feats were accomplished by people not smart enough to know they were impossible" - Doug Larson	Create a message board for each class in your school. List how many days you do the 20/20 Challenge and who is leading it for the day.
Week #4	Don't fear moving forward slowly, fear standing still*	Add a game of tag to your 20/20 Challenge give link
Week #5	Can you be a HERO? Helping Everyone Respond to Others	Create a Bucket to put in motivational words/saying. Hand these out to students/teachers who may feel challenged by the 20/20 Challenge. HELP them!
Week #6	You're only one workout away from a good mood!*	Tweet out pictures of your school/class wearing your green socks. How many ways can you use your sock?
Week #7	Never say I can't. Always say I'll try	Challenge another school - either in your area or one that your principal/teacher knows
Week #8	I think I can I think I can I think I can I think I can I knew I could!	Do a Scavenger Hunt at your school. Write activities from the 20/20 Challenge on pieces of paper and place them all over the school. Once children complete the task, they write their name on the back and submit it. The person with the most submission wins!
Week #9	Stop competing with others and start competing with yourself	Have a Green Sock day - everyone in the school wears green socks or something green
Week #10	Silvia to share motivational video for halfway point!	Challenge your principal to lead the 20/20 Challenge for a minimum of 3 days this week

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Week #11	The voice in your head that says you can't do this IS A LIAR!*	Plan a 2km run. This is your half way point.
Week 12	No goal was ever met without a little sweat - give a lot!*	Tweet out your school doing planks. What is the record time you can hold a plank for?
Week #13	"To give anything less than your best is to sacrifice a gift" - Steve Prefontaine	Have a FLASH MOB of the 20/20 for this week. Have your group of school leaders create an opportunity for this to happen sometime this week.
Week #14	No matter how slow you go, you are still lapping everyone sitting on the couch*	Give your Student Leaders a Big High Five and pass it on! Can you give 5 High Fives a day?
Week #15	I'm not telling you it's going to be easy, I'm telling you it's going to be worth it*	Add a game of tag to your 20/20 Challenge give link
Week #16	Strive for progress, not perfection	Invite the parents into the school to do the 20/20 Challenge with their children. Let them be very impressed by how well their children to the Challenge
Week #17	You can't do anything well if you don't believe you can.	Tweet out the whole school/class doing Crab Walks. How many steps can you take all together?
Week #18	Healthy is an outfit that looks different on everybody - feel great about you!	Create a school CHEER to do at the Run4Change
Week #19	Motivational Video from Silvia - We are there! We are Change!	See list of what to bring for R4C next week. Prepare!
Week #20	You've done it! You challenged yourself for 20 weeks. You've worked hard and you have made a difference to you and your community!	It's the Run4Change!!