

# IF/THEN SUMMER CHALLENGE

Gather the family around and introduce the “If/Then Summer Challenge”. Part of the idea of this challenge is the concept of “if such-and-such is accomplished, then this good thing will happen.” The goal of the challenge is to get every family member to participate in strengthening themselves in some way. This can be spiritually, mentally, physically, etc.

The following pages are included in this document:

- ♥ Family Summer Challenges (\*see description below)
- ♥ Individual Summer Challenges
  - This is similar to the “Family Summer Challenges”, but it is meant for individual family members to create a few challenges on their own to give themselves. The chart encourages four different types of challenges and then leaves two spots blank for whatever duration the individual desires. It would be good to hang these charts in family member’s bedrooms where they can track their progress.
- ♥ Family Summer Fun Brainstorm
  - This page is simply to jot down any and all ideas that the family would like to do over the summer. Some of these might be used as rewards for meeting challenges. Others may be done just because a family has to have fun and no strings attached.
- ♥ Individual Reward Brainstorm
  - On this page, individuals can write down all the ways they can think of to reward themselves. Individual rewards should mainly consist of things that the individual can grant himself/herself. (ie. I will allow myself to start reading my new book after I finish my 12 hour challenge.)
- ♥ Family Summer Fun
  - These are the items from the Family Summer Fun Brainstorm list that the family decides are must-dos. Attach a date to them and put a checkmark when you got to do it. The items on this page can be reward items or just-for-fun items.

\*The “Family Summer Challenges” graph is to write down challenges to complete as a family. Pick and choose which topics to focus on or do a little something for each topic. Here are some ideas for each topic that you could do as a family.

- ♥ Service
  - Prepare and take a meal to another family
  - Serve at the local soup kitchen 5 times this summer
  - Do a 7 day challenge where each family member should plan and then do something kind for someone else
  - Write a nice letter each day for 12 days (family members can take turns writing the letters). Send the letter to the recipient.

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#### ♥ Indoor Work

- Do deep cleaning of each room in the house. Make this a Saturday summer challenge or do it as an 8 day challenge if you have 8 rooms in your house. (The 8 days don't have to be in a row.)
- If you have 5 members in your family, find 5 things in your home that need to be reorganized. Each member can be given a timeframe within which they need to accomplish the reorganization.

#### ♥ Outdoor Work

- Everyone can help with gardening. Determine what tasks need to be done and how frequently.
- Have several days set aside for the purpose of family yard work time. Maybe this will be a 12 day challenge spread out over 12 weeks.
- Garage sorting

#### ♥ Mind Builder

- Do a 7 day memorization challenge. At the beginning of the week, decide on a poem, quote or other item that the family will try to memorize. Meet together each day to practice it together. Also copy the item onto several small sheets of paper and place strategically throughout the house so individuals can work on this on their own as well.
- Choose a topic of interest to the family (raising horses, economical ways of vacationing, cartoons, WWII, inventions, etc.). Have each family member study about the topic and report back on their findings at the designated time. Do a reward that is somehow related to the topic.
- Have an expertise night where everyone teaches everyone else something they know how to do well.

#### ♥ Try Something New

- Before the summer is over, try out 8 new board games as a family.
- Each week of summer, try out one new main dish for dinner.
- Each person should try out a new genre of book for two weeks. Then, report their opinions on their foray into that new type of literature.
- Each week for 4 weeks at church, or elsewhere, try to learn one new thing about someone your family knows. Report your findings to the rest of the family each week.

#### ♥ Spirit Builder

- Take 1-5 minutes for pondering time before saying a family prayer together. Do this for at least a week. At the end of the week, talk about whether or not this made a difference for good.
- Have a scripture-of-the-week each week of the summer. Post that scripture on the refrigerator or other prominent location. Have at least one dinner table discussion about the scripture each week.
- Have each family member research and prepare something to share on a gospel topic over the course of one month. At the end of the month, hold a Family Home Evening on that gospel topic.

# FAMILY SUMMER CHALLENGES

Challenge Type	Challenge Name	Dates and/or Duration	Reward
Service			
Indoor Work			
Outdoor Work			
Mind Builder			
Try Something New			
Spirit Builder			

# INDIVIDUAL SUMMER CHALLENGES

Challenge Type	Challenge Name	Dates and/or Duration	Reward
12 Hour			
7 Day			
30 Day			
By Summer's End			





