

THE ADVENT DENIAL CHALLENGE!

Edging Space

Instructions

Set your own goals on this version - and it could be extra edges too.

They might be edging, eating, work or exercise related or jut simple self care

Every time you complete a task put a big X through it.

Seeing them build up makes you more motivated to keep a good streak going.

Rewards

Decide what your target will be (all boxes ticked, only one missing, all edges and meals, three goals- whatever works for you).

Meet your target and you get your reward on Day 7, otherwise, try again!

Morning Edge

Midday Edge

Bedtime Edge

Your goals

Your goals

Your goals

Score for the day

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 |
|-------------------|-------|-------|-------|-------|-------|-------|
| Morning Edge | X | | | | | |
| Midday Edge | | | | | | |
| Bedtime Edge | | | | | | |
| Your goals | | | | | | |
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| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 |
|-------|-------|-------|-------|-------|-------|
| X | | | | | |
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