

# 20-Day Gratitude Challenge

Call the **Middos Challenges Hotline** each day at **(845) 613-4555** to hear the daily challenge.

After you do the challenge, color in the box for that day (or draw a checkmark).

Missed a day? No problem! You can go back and do it later. To find past challenges, visit [www.past.middos.org](http://www.past.middos.org)

When you finish the 4 weeks, count how many days you completed and email **info@middos.org** with:

First name, Last name, City and state, Total days completed, Phone number (Deadline to submit: May 15th)

	Sunday	Monday	Tuesday	Wednesday	Thursday
<b>Week 1</b>	April 19	April 20	April 21	April 22	April 23
<b>Week 2</b>	April 26	April 27	April 28	April 29	April 30
<b>Week 3</b>	May 3	May 4	May 5	May 6	May 7
<b>Week 4</b>	May 10	May 11	May 12	May 13	May 14

**Name:** \_\_\_\_\_

**Total days completed:** \_\_\_\_\_

Each day = 1 raffle ticket into the **\$100 Amazon gift card raffle**. Raffle drawing will be May 16th. The winner will be announced on the hotline between May 17-20. We will contact you if you win!