

# Challenge Card

## Feeling Good

The "Feeling Good" Challenge is all about taking a positive attitude towards your daily activities in your life. This promotes the Olympic Value of excellence, which is about how to be the best you can be and having the confidence to take part in a variety of activities. It also promotes the Paralympic Values of Courage and Determination.

### Participant Details:

Name: \_\_\_\_\_ Age: \_\_\_\_\_

### Feeling Good - Key Facts:

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### Values Promoted:

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### The Challenge:

How? -

When? -

### Progress:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

