

CHALLENGE 21 FOR

Instructions

1. Print Name at Top
2. Choose Challenge/Repeat for 21 Days
3. Place A Star on Each Day or Initial
4. Add Up Total
5. Upload Completed Form [Here](#) to Earn Prize or email to [Admin@dsnmc.org](mailto:Admin@dsnmc.org) Have Fun! Tag us on FB!

#Challenge21





DSNMC

DOWN SYNDROME NETWORK  
OF MONTGOMERY COUNTY



1.	2.	3.	4.	5.	6.	7.	8.
9.	10.	11.	12.	13.	14.	15.	16.
17.	18.	19.	20.	21.	Bonus!	Bonus!	Bonus!

GOAL:

21 Days

REWARD FOR ACHIEVING  
GOAL

DSNMC Awarded Prize For  
Completing 21 Days

BONUS  
COMPLETED

TOTAL

