

DIRECTIONS

- 1 Use the health challenge chart to practice new healthy habits.
- 2 Complete as many healthy habits as you can over the summer break.
- 3 Make sure to daven at least once each day for your health.
- 4 Count up the total checks and daily *tefilos* to calculate the number of raffle tickets.
- 5 Register at nefeshinspired.com by August 30th at 12 pm est to be included in the raffle to win great prizes.



Raffle winners will be posted via WhatsApp and email.

Join the WhatsApp group for special announcements and additional prizes.
Go to nefeshinspired.com to join the WhatsApp chat.



GO TO BED EARLY
OR ON TIME



DRINK ONE CUP OF WATER IN
THE MORNING AND EVENING



TAKE A 10 MINUTE WALK OR
RUN FOR THE SAKE OF EXERCISE

TRY A NEW VEGETABLE

You can use the same vegetable or a different one per week.



DAVEN FOR YOUR HEALTH

NEFESH INSPIRED
HEALTH
CHALLENGE

NEFESH INSPIRED

FREE HEALTH CHALLENGE

Every 5 points = 1 raffle ticket

Lots of great prizes!

Wednesday Aug. 12 2026



Thursday Aug. 13 2026



Friday Aug. 14 2026



Shabbos Aug. 15 2026



Sunday Aug. 16 2026



Monday Aug. 17 2026



Tuesday Aug. 18 2026



Wednesday Aug. 19 2026



Thursday Aug. 20 2026



Friday Aug. 21 2026



Shabbos Aug. 22 2026



Sunday Aug. 23 2026



Monday Aug. 24 2026



Tuesday Aug. 25 2026



Wednesday Aug. 26 2026



Raffle drawing -
Sunday, Aug. 30th
at 7PM EST

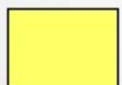
Earn at least 70 points and receive a special gift!

TOTAL CHECKS:



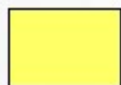
+

DAYS I DAVENED



=

TOTAL POINTS



Every 5 points = 1 raffle ticket

TOTAL RAFFLE TICKETS:



To enter into the raffle please register at nefeshinspired.com on Aug. 30th before 12pm EST. If you are unable to access the [website](http://nefeshinspired.com) please email a copy of this form to Runnergize@gmail.com.

Child's Full Name _____

City _____ Gender _____ Age _____

Parent's Full Name _____ Parent's Phone Number _____

Parent's Email _____ Parent's Signature _____

