

### SHERBROOKE POINTS CHALLENGE

ACTIVITY	POINTS	MON	TUE	WED	THURS	FRIDAY
How many birds can you see from your window for 5 mins. 10 points per bird						
Feeding the birds	50					
Going out to the bin and back	100					
Switching on and off the television	50					
Making a cup of tea or coffee	100					
Phoning a friend - 10 points per friend						
Post a post card to some one you know from the Kirk Directory	2000					
Doing a craft	1000					
Washing dishes	100					
Outdoor walk	1000					
Watching people from your window	100					
Reading the paper	100					
Watching the Majorca Files on BBC 1	500					
Watching Death in Paradise	500					
Doing a crossword	100					
Reading a book	100					
Attempting Anne's Quiz	500					
Watching the Kirk Service online	1000					
Getting dressed up on a Sunday	2000					
Making a pot of soup	2000					
Writing an article for the next magazine	2000					
Receive the Coronavirus Vaccine Part 1	10000					
Receive the Coronavirus Vaccine Part 2	10000					
<b>TOTALS</b>		<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>