



YTB100 * First name _____ Age _____

#02

- 1) Complete what you like & help each other.
- 2) Return form each week & continue with new form.

Write
Use other side

Someone we know is taking care of a family member with a serious health condition. Write a message of encouragement using some of these words or phrases:

[strong, improve, grit, hope, believe, stay, thank you, energy, smile, care]

Move

Try these fitness challenges 2x each day for 4 or more days. Mark an X for any of the days completed.

1) 10 wall angels Mon__ Tue__ Wed_Thu__ Fri__Sat__Sun__

2) 1-minute plank Mon__ Tue__Wed_Thu__ Fri__Sat__Sun__

Design

Draw an object in your environment that is small enough to pick up and hold, example: cup, plant, shoe, a tool...

(use back of page)

Learn

If you start with one coin on Day 1, and double the number of coins each day, how many coins will you have on Day 30.

Serve

Ask your YTB Coach what you can do for them this week. What did you do?



YTB100 - help each other:
Write, Move, Design, Learn, Serve
AND List 2 Things ...

#02

List 2 Things

... that your region is known for.

- 1.
- 2.

List 2 Things

... people you would like to meet and why.

- 1.Name _____
Why meet _____
- 2.Name _____
Why meet _____

List 2 Things

... that you are curious to learn more about, and why.

- 1.Topic _____
Why _____
2. Topic _____
Why _____

List 2 Things

... you admire about your YTB Coach.

- 1.
- 2.

List 2 Things

... you liked from last week's YTB Activities or List2Things.

- 1.
- 2.

Use back of page for sketch or more space.

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Give completed form to Camp Leader or YTB Coach

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