

ground rules #GetButtonedUp Challenge

1

Let us know you're in by commenting on the post and telling us your Facebook name

2

Letting us know you completed your daily task by commenting on the Facebook GetButtonedUp Challenge Check-In post

3

IF/WHERE it makes sense:
Sending a picture of your completed task to Sarah—via email sarah@getbuttonedup.com
OR via TwitPic to @SarahButtonedUp & using the #getbuttonedup hashtag

4

There will be one Grand Prize and 2 Runner Up Prizes awarded to participants who have completed all of the previous week's tasks successfully and let us know by checking in on Facebook and with pictures where appropriate

Grand Prize:
\$100 to
a charity of
your choice

2 Runner Up Prizes:
\$50 to
a charity of
your choice

week 1: Commit Random Acts of Organizational Kindness

wednesday

1

Clean out someone else's closet (a friend's, a spouse's, a child's)



thursday

2

Give a colleague or your spouse a gift certificate for a car wash (or do a surprise car detoxification for them).



friday

3

Reach out and volunteer to babysit for a stressed mom friend or relative.



saturday

4

Make a wine date to help a friend weed out unfortunate clothing.



sunday

5

Email our free [Daily Schedule Printable](#) to someone you love with a date & time to meet.



monday

6

Run an errand for somebody else.



tuesday

7

Talk to a good friend/spouse about an organizational challenge they're having (too many books on bedside table, messy desk, etc). Then go on [Pinterest](#) & set up a board in their name—clip five bits of inspiration that could solve their problem. Email the link to your board when done.



**if you don't have a pinterest account, email sarah@getbuttonedup.com and she will send you an invite.*

2012 february #GetButtonedUp Challenge

week 2: Button Up Your Messages of Love

wednesday

8

Your goal is to prepare at least 10 little Valentines packages of candy hearts & printables in advance of the 14th. Go buy 10 mini boxes of candy hearts, lollipops or strawberries, print out the free [Valentine's Day Printables](#) from Buttoned Up & put those packages together.



thursday

9

Make a list of all the special days (birthdays/anniversaries/Mother's Day/Father's Day) for each important person in your life.



friday

10

Go buy greeting cards to celebrate each important event for the people on the list you created last night.



saturday

11

Write and address the cards you bought yesterday—so that all you have to do later is drop them in the mail.



sunday

12

Put reminders in your calendar the week before each event to remind yourself to send the cards you've already prepared.



monday

13

Print & fill out the free [Top 7 Things I Love About You Printable](#) for your spouse, significant other, or if you're single, for your best friend/mom/dad/sibling.



tuesday

14

Distribute your Valentine's love to at least 10 people today.



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week 3: Take Care of Your Heart

wednesday
15

Print out our free [Menu Planning Printable](#) & make a healthy menu for the next week.



thursday
16

Call & schedule your well visit doctor's appointments & preventative scans (OB, GP, Mammogram, Colonoscopy, etc).



friday
17

At lunch today go take a brisk 10 minute walk. If the weather is bad, go find some stairs in your building and go up/down them for 10 minutes.



saturday
18

Find a yoga class that's happening tomorrow in your area. Book your spot. If you have kids, arrange coverage today.



sunday
19

Attend yoga class.



monday
20

Most heart attacks happen on Monday mornings. Start your day off right by listing 10 things you are incredibly grateful for before you head out the door. Ideally write them down in a notebook/journal.



tuesday
21

Head on over to [Mamavation.com](#) & print out either the beginner or advanced workout from [this challenge](#). Get it done before you hit the hay tonight.



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week 4: Love Yourself

wednesday
22

Go buy 7 apples or oranges for this week (including today). Print out these [Free Stickers](#) & affix them to your fruit. Eat one every day this week.



thursday
23

Pick a date & book a manicure or pedicure or massage for yourself. It doesn't have to be today—it's about penciling yourself in.



friday
24

Take 10 minutes today & just go do these [Stretching Exercises](#).



saturday
25

Start your day off right. Make yourself a fruit smoothie for breakfast (or go get one made for you).



sunday
26

Go on [Pinterest](#) tonight (or whenever you have a free moment) & put together a board titled "Love, Me" go pin 10 things—whether they are quotes or pictures of projects that just make you smile. Turn to this board whenever you need a boost in the future.



monday
27

Go to bed at 9pm tonight. You will be amazed at the difference getting a full night's sleep will make.



tuesday
28

Make yourself a music playlist that just puts you in a good mood—or just plain relaxes you.



LEAP YEAR 29

wednesday

This is a found day. It's a day you didn't have last year—and one you won't get again for four more years. Do ONE thing today that truly maximizes the gift of this extra day.

And get 10% off on [our site!](#)

Use code:
LY29