




SUNDAY
04/23

Give up a favorite game or show




MONDAY
04/24

Fast from using electronics





TUESDAY
04/25

Avoid social media use




WEDNESDAY
04/26

Let someone else in front of you in line



THURSDAY
04/27

Donate toys & clothes that I no longer use



FRIDAY
04/28

Give up a favorite snack/drink



SATURDAY
04/29

Go to bed early



AU NHI Week 3: Sacrifice


Name: _____






SUNDAY
04/30

Help my
parents with
house chores




MONDAY
05/01

Collect change
to donate




TUESDAY
05/02

Talk to
someone new
at school



WEDNESDAY
05/03

Write a Thank
You card for
my teacher



THURSDAY
05/04

Pick up trash
at school



FRIDAY
05/05

Hold the door
open for
someone



SATURDAY
05/06

Clean my
room



AU NHI Week 4: Apostolic Works

Name: _____