**WILLPOWER CHALLENGE**

*Watch this activity demo on* [YouTube](https://www.youtube.com)

**The Goal:**
Perform 1 minute of a willpower exercise to help you focus on what you want and then work hard to make it happen.

**What You Need:**
St. Jude Heroes Jr. video ([link here](https://www.youtube.com)), a safe place to move and be active

**How To Play:**
- Watch the [St. Jude Heroes Jr. video](https://www.youtube.com) and hear Mack’s story.
- Choose 1 of 3 will power exercises (Run/Walk, Balance, or Hero Planks).
- Perform your exercise while you follow along to the 1-minute timer in the video.
- When you’re finished, Mark the St. Jude Willpower Challenge complete on your scorecard.