

WILLPOWER CHALLENGE

Watch this activity demo on  YouTube 

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](#)), a safe place to move and be active

How To Play:

- Watch the [St. Jude Heroes Jr. video](#) 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.



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