

# 49-Day Omer Challenge

Consider the 49-Day Challenge a chance to develop some good habits, get healthier, and prepare for Shavuot. Join the fun. No one is too old or too young. Here's the challenge for the 49 days of the Omer:

- 49 days counting the omer without missing a day.
- 49 days daily prayer and study.
- 49 days daily act of charity (tzedakah).
- 49 minutes (minimum) intentional physical exercise every day.
- 49 days on a specific diet (any diet) without exceptions or cheat meals.
- 49 days abstinence from junk food, sugar, and alcohol without exceptions or treats.

## Tracking sheet

Day	Count	Prayer	Study	Charity	Exercise (activity)	Diet	No junk
1							
2							
3							
4							
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18							
19							
20							
21							

Day	Count	Prayer	Study	Charity	Exercise (activity)	Diet	No junk
22							
23							
24							
25							
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29							
30							
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47							
48							
49							
	SHAVUOT						