

HOMework SPRINT

Turn homework into a mission.

- 1** Pick **ONE** task — just one.
- 2** Set a timer for 10 minutes.
- 3** Sprint! Work until it buzzes.
- 4** Brain break: move for 2 minutes.
- 5** Repeat — 3 sprints = mission complete!

Fun & encouragement for every kind of brain — not medical advice.

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