



## HipSafety 21 Day Checklist

- 21. Send three people to voicemail literally and virtually. Register.
- 20. Send three friends to voicemail literally and virtually.
- 19. Change the message on your cell and ask parents and teachers to change their cell phone message too. Download a great ringtone.
- 18. Wear an outrageous belt buckle. Send 2 friends to voicemail. Designate a time to fire off return texts.
- 17. Cram 'em in like sardines. Send 3 sardines to voicemail virtually.
- 16. Practice prepare for takeoff and report your best time.
- 15. Indulge your inner Idol and let all calls go to voicemail while you are working on your song. (not required)
- 14. Send a speedy friend straight to voicemail.
- 13. Send someone of the opposite gender to voicemail literally or virtually.
- 12. Dine in. Send all calls to voicemail while you're eating.
- 11. Yield for 3 people today. Send a friend to voicemail. Distribute clings and bumper stickers.
- 10. Give away "sightations" (or not). Choose an accountability partner.
- 9. Cling 'em! Wait 5 minutes to return texts today. Send three teachers to voicemail virtually.
- 8. Persuade 2 adults to change their cell phone message, get as many drivers as possible to commit to a pledge for 21 days (required).
- 7. Decide on times to avoid calling. Send your parents to voicemail.
- 6. Have a driver over 21 answer these questions: What are the advantages of calling while driving? What are the risks? What percentage of risk increase is acceptable and under what circumstances (required)?
- 5. Send every call to voicemail today. Wait 5 minutes to respond to all calls and texts.
- 4. Send three people to voicemail virtually with some healthy vibes on your cosmic boomerang.
- 3. Write your vision for meaningful change (required).
- 2. Prepare a care package and review this checklist
- 1. One more day. Hang in there...