



Get outside. Have fun. Stay active. Make memories!

ACTIVITY	MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY TOTAL
 RIDE A BICYCLE	☐	☐	☐	☐	☐	☐	☐	
 GARDENING / PLANT CARE	☐	☐	☐	☐	☐	☐	☐	
 GO FOR A WALK	☐	☐	☐	☐	☐	☐	☐	
 PICNIC OUTDOORS	☐	☐	☐	☐	☐	☐	☐	
 EXPLORE NATURE	☐	☐	☐	☐	☐	☐	☐	
 PLAY OUTDOOR GAMES	☐	☐	☐	☐	☐	☐	☐	
 BIRD WATCHING / NATURE SPOTTING	☐	☐	☐	☐	☐	☐	☐	
 OUTDOOR YOGA / STRETCHING	☐	☐	☐	☐	☐	☐	☐	
 WATCH THE SUNRISE OR SUNSET	☐	☐	☐	☐	☐	☐	☐	
 BEACH / LAKE DAY	☐	☐	☐	☐	☐	☐	☐	
DAILY TOTAL								



Small steps every day create BIG summer memories!

