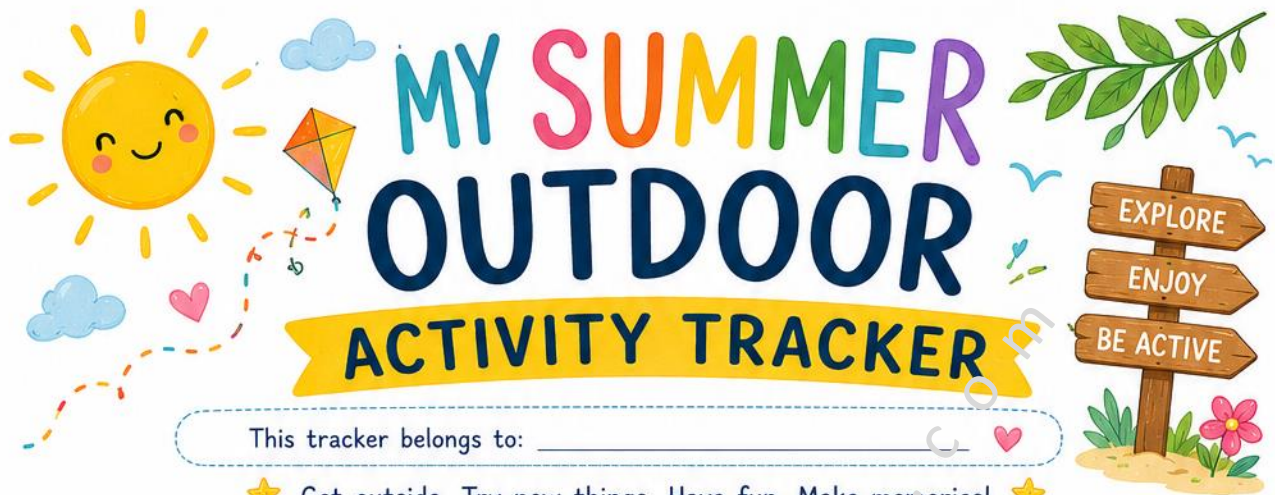




ACTIVITY	MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY TOTAL
RIDE A BICYCLE	☐	☐	☐	☐	☐	☐	☐	
GARDENING / PLANT CARE	☐	☐	☐	☐	☐	☐	☐	
GO FOR A HIKE	☐	☐	☐	☐	☐	☐	☐	
GO FOR A WALK / JOG	☐	☐	☐	☐	☐	☐	☐	
WATER ACTIVITY	☐	☐	☐	☐	☐	☐	☐	
TAKE PHOTOS OF NATURE	☐	☐	☐	☐	☐	☐	☐	
PICNIC OUTDOORS	☐	☐	☐	☐	☐	☐	☐	
SIDEWALK CHALK ART / DRAWING	☐	☐	☐	☐	☐	☐	☐	
BEACH / PLAY OUTSIDE	☐	☐	☐	☐	☐	☐	☐	
PLAY OUTDOOR GAMES	☐	☐	☐	☐	☐	☐	☐	
CAMPING / BACKYARD CAMP	☐	☐	☐	☐	☐	☐	☐	
DAILY TOTAL								

MY SUMMER GOAL

This summer, I want to: _____

MY REWARD

When I reach my goal, I will reward myself with:

NOTES & MEMORIES

HOW I FELT THIS WEEK

AMAZING
 HAPPY
 GOOD
 OKAY
 TIRED
 CHALLENGING