

# Fall Into Wellness: October–November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Motivation Monday	Tasty Tuesday	Well-Being Wednesday	Thriving Thursday	Feel-Good Friday	Simple Saturday	Soulful Sunday
		1 Tell yourself 3 things you like about yourself	2 Walk through crunchy fallen leaves	3 Wear your favorite fall outfit	4 Read outside for ten minutes	5 Take a nature walk
6 Make a fall bucket list	7 Sip a warm drink	8 Stretch for 5 minutes	9 One random act of kindness	10 Plan a fun weekend activity	11 Collect leaves or admire some	12 Do three deep breaths
13 Meal prep a fall soup	14 Try a fall recipe	15 Aim for 7+ hours of sleep	16 Hold the door open for someone	17 Reflect on positive moments from the week	18 Nap/engage in downtime	19 Spend time outside
<u>Motivation Monday.</u> Start your week with goals and purpose	<u>Tasty Tuesday.</u> Fresh bites & flavorful fun	<u>Well-Being Wednesday.</u> Midweek reset for your fall wellness	<u>Thriving Thursday.</u> Live well, laugh often, love fall	<u>Feel-Good Friday.</u> Celebrate you and explore healthy habits	<u>Simple Saturday.</u> Slow down and soak it up	<u>Soulful Sunday.</u> Reset, refocus, and recharge

Daily Motivation Calendar



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Motivation Monday	Tasty Tuesday	Well-Being Wednesday	Thriving Thursday	Feel-Good Friday	Simple Saturday	Soulful Sunday
20 Write a positive quote	21 Try a seasonal food	22 Light a candle and reflect	23 Take a photo of something beautiful outside	24 Write down 3 things you are grateful for	25 Plan a cozy weekend	26 Plan meals for the week
27 Write one a goal for your week	28 Have colorful, balanced meal	29 Treat yourself to a cozy drink	30 Watch a funny video or movie	31 Spend time on a hobby	1 Listen to calming music or nature sounds	2 Stretch, yoga or take a walk
3 Try something new today	4 Be mindful for a meal	5 Put your phone down for a few hours	6 Do something playful (game night, trivia)	7 Listen to uplifting music	8 Read a book or listen to a podcast	9 Write in a journal
10 Reward progress with a seasonal treat	11 Make a meal with someone	12 Declutter a small space (night stand, drawer)				

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Total Days Completed: \_\_\_\_\_

Age: \_\_\_\_\_

Phone #: \_\_\_\_\_