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 Walk through crunchy fallen leaves	2 Wear your favorite fall outfit	3 Read outside for ten minutes	4 Take a nature walk
5 Make a fall bucket list	6 Sip a warm drink	7 Stretch for 5 minutes	8 One random act of kindness	9 Plan a fun weekend activity	10 Collect leaves or admire some	11 Do three deep breaths
12 Meal prep a fall soup	13 Try a fall recipe	14 Aim for 7+ hours of sleep	15 Hold the door open for someone	16 Reflect on positive moments from the week	17 Nap/engage in downtime	18 Spend time outside

Motivation Monday
Start your week with goals and purpose

Tasty Tuesday
Fresh bites & flavorful fun

Well-Being Wednesday
Midweek reset for your fall wellness

Thriving Thursday
Live well, laugh often, love fall

Feel-Good Friday
Celebrate you and explore healthy habits

Simple Saturday
Slow down and soak it up

Soulful Sunday
Reset, refocus, and recharge

DAILY MOTIVATION CALENDAR

JCHD Jefferson County Health Department

Fort HealthCare

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MOTIVATION MONDAY	TASTY TUESDAY	WELL-BEING WEDNESDAY	THRIVING THURSDAY	FEEL-GOOD FRIDAY	SIMPLE SATURDAY	SOULFUL SUNDAY
19 Write a positive quote	20 Try a seasonal food	21 Light a candle and reflect	22 Take a photo of something beautiful outside	23 Write down 3 things you are grateful for	24 Plan a cozy weekend	25 Plan meals for the week
26 Write one a goal for your week	27 Have colorful, balanced meal	28 Treat yourself to a cozy drink	29 Watch a funny video or movie	30 Spend time on a hobby	31 Listen to calming music or nature sounds	1 Stretch, yoga or take a walk
2 Try something new today	3 Be mindful for a meal	4 Put your phone down for a few hours	5 Do something playful (game night, trivia)	6 Listen to uplifting music	7 Read a book or listen to a podcast	8 Write in a journal
9 Reward progress with a seasonal treat	10 Make a meal with someone	11 Declutter a small space (night stand, drawer)	12 Share a joke with someone			

Name:_____ **Email:**_____ **Total Days Completed:**_____

Age:_____ **Phone #:**_____

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