

Summer & Strong: June - July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Move-It Monday	Hydration Tuesday	Wellness Wednesday	Try-It Thursday	Feel-Good Friday	Sunshine Saturday	Slow Down Sunday
8 20 Minutes of Movement	9 Drink 64oz of water	10 Take 10 deep belly breaths	11 Try a new recipe today	12 Plan something fun for the weekend	13 Take an outdoor walk	14 Practice yoga/stretching/meditation
15 20 Minutes of Movement	16 Add fruit to your water	17 Take 5 minutes of quiet time	18 Take a different route today (work, workout, etc.)	19 Call a friend today	20 Spend time gardening/getting hands dirty	21 Read for pleasure
22 20 Minutes of Movement	23 Eat 3 servings of vegetables today	24 Stand and stretch hourly	25 Try reaching out to someone that it's been awhile	26 Watch something funny	27 Check expiration of sunscreen at home	28 Take time to meal prep today

<u>Move-It Monday</u> Get moving—just 20 minutes makes a difference	<u>Hydration Tuesday</u> Fuel your body with water and whole foods	<u>Wellness Wednesday</u> Reset your mind with rest and reflection	<u>Try-It Thursday</u> Step outside your routine—try something new	<u>Feel-Good Friday</u> Boost your mood—connect, laugh, spread joy	<u>Sunshine Saturday</u> Soak up sunshine and enjoy the outdoors	<u>Slow Down Sunday</u> Rest, recharge, and prepare for the week
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Daily Motivation Calendar



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Move-It Monday	Hydration Tuesday	Wellness Wednesday	Try-It Thursday	Feel-Good Friday	Sunshine Saturday	Slow Down Sunday
29 20 Minutes of Movement	30 Make/drink a smoothie today	1 Take 1 hour for screen-free time	2 Try a new outdoor activity	3 Do a Random Act of Kindness	4 Eat a meal outside	5 Dedicate time for relaxation today
6 20 Minutes of Movement	7 Skip the sugary drinks today	8 Go to bed earlier tonight	9 Try a new walking route at work or at home	10 Take a dance/music break today!	11 Plan a farmers market visit	12 Make a plan for the week
13 20 Minutes of Movement	14 Drink 64oz of water	15 Try journaling or writing at some point today	16 Try a new hobby today	17 Spend time with a friend or loved one	18 Take a summery photo	19 Lay out your clothes for tomorrow
20 20 Minutes of Movement						

20
20 Minutes of Movement

Name: _____

Email: _____

Age: _____

Phone #: _____

Total Days Completed: _____