

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 Only drink water today	10 Take 10 deep belly breaths	11 Try a new game	12 Play with family or friends	13 Take an outdoor walk	14 Practice yoga/stretching/meditation
15 20 Minutes of Movement	16 Eat a fruit at every meal	17 Take 5 minutes of quiet time	18 Say hi to someone new	19 Laugh at something funny	20 Play outside today	21 Draw or color
22 20 Minutes of Movement	23 Try a vegetable at every meal	24 Go 1 hour without cell phone	25 Try building something today	26 Have a dance party	27 Play a backyard game	28 Spend time with family

Move-It Monday
Get moving—just 20 minutes makes a differences

Hydration Tuesday
Fuel your body with water and whole foods

Wellness Wednesday
Reset your mind with rest and reflection

Try-It Thursday
Step outside your routine—try something new

Feel-Good Friday
Boost your mood—connect, laugh, spread joy

Sunshine Saturday
Soak up sunshine and enjoy the outdoors

Slow Down Sunday
Rest, recharge, and prepare for the week

Daily Motivation Calendar



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29 20 Minutes of Movement	30 Make a smoothie with a parent or guardian	1 Read part of a book	2 Try something new to express your feelings	3 Do a Random Act of Kindness	4 Wear sunscreen today	5 Plan an earlier bedtime tonight
6 20 Minutes of Movement	7 Skip the sugary drinks today	8 Listen to calm music	9 Try a new outdoor activity	10 Watch your favorite movie	11 Use something with wheels	12 Set a goal for the week
13 20 Minutes of Movement	14 Try adding fruit or flavoring to water	15 Practice stretching today	16 Try writing about your feelings today	17 Spend time with a friend or loved one	18 Play outside with water	19 Lay out your clothes for tomorrow
20 20 Minutes of Movement						

20
20 Minutes of Movement

Name: _____

Email: _____

Age: _____

Phone #: _____

Total Days Completed: _____