



10-A-DAY CHALLENGE

Each day, spend at least 10 minutes outside engaging in any activity of your choice. Mark the circle and log your time when you complete the challenge for the day. At the end of the week, tally up your days and total time and challenge yourself to beat that score each week. Don't forget to let us know how you're doing!

	WEEK _____	WEEK _____	WEEK _____	WEEK _____
MON	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TUE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
THU	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRI	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

JUST GET OUTSIDE!

SOMETIMES THE HARDEST PART IS GETTING OUT THE DOOR.