

May 30	May 31	June 1	June 2	June 3	June 4	June 5
REST	Morning: Walk for 15 minutes	REST	Morning: Walk for 15 minutes	REST	Morning: Walk for 15 minutes	REST
June 6	June 7	June 8	June 9	June 10	June 11	June 12
REST	Morning: Walk for 30 minutes	Morning: Walk for 30 minutes	REST	Morning: Walk for 30 minutes	Morning: Walk for 30 minutes	FUN OUTDOOR ACTIVITY
June 13	June 14	June 15	June 16	June 17	June 18	June 19
REST	Morning: Walk for 45 minutes	Morning: Walk for 45 minutes	REST	Morning: Walk for 45 minutes	Morning: Walk for 45 minutes	FUN OUTDOOR ACTIVITY
June 20	June 21	June 22	June 23	June 24	June 25	June 26
REST	Afternoon: Walk for 45 minutes	Afternoon: Walk for 45 minutes	REST	Afternoon: Walk for 45 minutes	Afternoon: Walk for 45 minutes	FUN OUTDOOR ACTIVITY
June 27	June 28	June 29	June 30	July 1	July 2	July 3
REST	Afternoon: Walk for 60 minutes	Afternoon: Walk/Jog for 45 minutes	Afternoon: Walk for 60 minutes	Afternoon: Walk/Jog for 45 minutes	Afternoon: Walk for 60 minutes	FUN OUTDOOR ACTIVITY
July 4	July 5	July 6	July 7	July 8	July 9	July 10
HAPPY 4th of JULY!	Afternoon: Walk/Jog for 60+ minutes	Afternoon: Walk/Jog for 60+ minutes	Afternoon: Walk/Jog for 60+ minutes	Afternoon: Walk/Jog for 60+ minutes	Afternoon: Walk/Jog for 60+ minutes	FUN OUTDOOR ACTIVITY