May 30	May 31	June 1	June 2	June 3	June 4	June 5
	Morning: Walk		Morning: Walk		Morning: Walk	
REST	for 15 minutes	REST	for 15 minutes	REST	for 15 minutes	REST
June 6	June 7	June 8	June 9	June 10	June 11	June 12
	Morning: Walk	Morning: Walk		Morning: Walk	Morning: Walk	OUTDOOR
REST	for 30 minutes	for 30 minutes	REST	for 30 minutes	for 30 minutes	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
	Afternoon: Walk for 45	Atternoon: Walk for 45		Afternoon: Walk for 45	Afternoon: Walk for 45	FUN OUTDOOR
REST	minutes	minutes	REST	minutes	minutes	ACTIVITY
June 27	June 28	June 29	June 30	July 1	July 2	July 3
	Afternoon:	Afternoon:	Afternoon:	Afternoon:	Afternoon:	FUN
	Walk for 60	Walk/Jog for	Walk for 60	Walk/Jog for	Walk for 60	OUTDOOR
REST	minutes	45 minutes	minutes	45 minutes	minutes	ACTIVITY
July 4	July 5	July 6	July 7	July 8	July 9	July 10
114557 411	Afternoon:	Afternoon:	Afternoon:	Afternoon:	Afternoon:	FUN
HAPPY 4th of JULY!	Walk/Jog for 60+ minutes	Walk/Jog for 60+ minutes	Walk/Jog for 60+ minutes	Walk/Jog for 60+ minutes	Walk/Jog for 60+ minutes	OUTDOOR ACTIVITY