



SUN MON TUE WED THU FRI

1  
15  
MINUTE  
WALK

2  
15  
MINUTE  
WALK

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MINUTE  
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MINUTE  
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5  
Spend the day doing your favorite fall activity.

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MINUTE  
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MINUTE  
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12  
Thank someone for doing something nice with a call or a handwritten note.

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MINUTE  
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MINUTE  
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MINUTE  
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19  
Random acts of kindness are contagious and lift your mood. Try one out today!

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MINUTE  
WALK

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MINUTE  
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MINUTE  
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26  
Indulge your creativity. Write, craft, build, or paint something!

27  
60  
MINUTE  
WALK

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MINUTE  
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29  
60  
MINUTE  
WALK

30  
60  
MINUTE  
WALK

*Congratulate yourself for a job well done!*  
Take some time to think about the positive improvements that have happened to you both physically and emotionally. Now go do something nice for yourself. You've earned it!

