

# Get outside

## 30-day challenge

Every day for 30 days, spend at least 30 minutes outside. Below, you'll find an activity idea for each day. Feel free to do anything else to better fit your interests, as long as you spend 30 minutes outside. Print this out and cross out each day you complete an activity.

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|---|---|---|--|
| Day 1<br>Bike or walk as your only form of transportation | Day 2<br>Have a photoshoot with nature              | Day 3<br>Take a walk                                | Day 4<br>Eat lunch outside                   |
| Day 5<br>Walk your dog                                    | Day 6<br>Find a nearby forest preserve and visit it | Day 7<br>Play or watch an outside sports game       | Day 8<br>Draw with sidewalk chalk            |
| Day 9<br>Cloudgaze  | Day 10<br>Climb a tree                              | Day 11<br>Start a garden or potted plant collection | Day 12<br>Read a book on the grass           |
| Day 13<br>Sketch by a pond                                | Day 14<br>Play catch                                | Day 15<br>Soak up the sun from a hammock            | Day 16<br>Take your exercise routine outside |
| Day 17<br>Go rollerblading                                | Day 18<br>Look up hikes in your area and go walk    | Day 19<br>Search for wildflowers on a walk          | Day 20<br>Explore somewhere new              |
| Day 21<br>Visit a farmer's market                         | Day 22<br>Stargaze                                  | Day 23<br>Go birdwatching                           | Day 24<br>Plan a scavenger hunt              |
| Day 25<br>Clean up your yard                              | Day 26<br>Feed the ducks                            | Day 27<br>Plant a tree                              | Day 28<br>Take a bike ride around town       |
| Day 29<br>Explore your neighborhood                       | Day 30<br>Fly a kite                                |   |  |