



Mental Health & Motion Challenge

May Daily Exercise Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
CHALLENGE BEGINS	6 Do squats to mild fatigue. Name, aloud, one thing you are thankful for. 	7 Do push-ups (wall, knee, standard) until mild fatigue. Stretch 10 min. Meditate/pray after stretch. 	8 Do squats to mild fatigue. Stretch 10 min. Converse with someone in your support group. 	9 Do push-ups (wall, knee, standard) until mild fatigue. Stretch 10 min. Name, aloud, 2 things you are thankful for. 	10 Do squats to mild fatigue. Stretch 10 min. Send email/text/note/ call someone in your support group. 	11 Do push-ups (wall, knee, standard) until mild fatigue. Stretch 10 min. Intentional act of kindness.
12 Take a walk/ walk a dog. Stretch 10 min. Make healthy snack to eat May 13-17th. 	13 Do push-ups (wall, knee, standard) until mild fatigue. Take a walk/walk a dog. Name 3 things you are thankful for. 	14 Do squats to mild fatigue. Listen to a happy song (sing/dance/ move?) Journal about a recent positive experience. 	15 Do push-ups (wall, knee, standard) until mild fatigue. Stretch 10 min. Meditate/pray after stretch. 	16 Do squats to mild fatigue. Do 3 planks to mild fatigue. Converse with someone in your support group (make plans for the weekend). 	17 Do push-ups (wall, knee, standard) until mild fatigue. Stretch 10 min. Journal about a recent positive experience. 	18 Take a walk/ walk a dog. Stretch 10 min. Intentional act of kindness.
19 Do push-ups (wall, knee, standard) until mild fatigue. Stretch 10 min. Make healthy snack to eat May 20-24th. 	20 Do squats to mild fatigue. Stretch 10 min. Send email/text/note/call someone in your support group. 	21 Do push-ups (wall, knee, standard) until mild fatigue. Take a walk/walk dog. Name 4 things you are thankful for. 	22 Do squats to mild fatigue. Do 3 planks to mild fatigue. Journal about a recent positive experience. 	23 Do push-ups (wall, knee, standard) until mild fatigue. Eat fresh fruit/ vegetable you REALLY like. Intentional act of kindness. 	24 Do push-ups (wall, knee, standard) until mild fatigue. Eat fresh fruit/ veggie you like. Converse with someone in your support group (make future plan). 	25 Take a walk. Eat your favorite healthy meal. Journal about a recent positive experience.
26 Meditate or pray. Make a healthy snack to eat May 27th- 31st. Name 5 things you are thankful for. 	27 Do squats to mild fatigue. Do 3 planks to mild fatigue. Journal about a recent positive experience. 	28 Do push-ups (wall, knee, standard) until mild fatigue. Eat fresh fruit/ vegetable you REALLY like. Intentional act of kindness. 	29 Do squats to mild fatigue. Do 3 planks to mild fatigue. Daydream/ meditate about your perfect vacation. 	30 Do push-ups (wall, knee, standard) until mild fatigue. Meditate/ focus on 6 things you are thankful for. Converse with someone in your support group. 	31 Converse with someone your support group (ask questions/ listen). Intentional act of kindness. Read something inspirational. 	1 Take a walk. Eat your favorite healthy meal. Journal about a recent positive experience.

Regular movement significantly impacts mental health. On this calendar, you will find low-impact exercises requiring no equipment. Each day you will perform the daily exercise and activity. You will record your feelings after each exercise/activity. Start with small goals and increase duration, frequency, and intensity gradually.





Mental Health & Motion Challenge

June Daily Exercise Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
<p>2</p> <p>Make a healthy snack to eat June 3rd-7th. Name 6 things you are thankful for. Meditate/pray.</p> <p>☹️ 😐 😊</p>	<p>3</p> <p>5-minute healthy back yoga. Meditate/pray. Listen to a happy song (sing/dance/move?).</p> <p>☹️ 😐 😊</p>	<p>4</p> <p>3 planks to mild fatigue. 3 bridges to mild fatigue. Intentional act of kindness.</p> <p>☹️ 😐 😊</p>	<p>5</p> <p>5-minute healthy back yoga. Meditate/pray. Listen to a happy song (sing/dance/move?).</p> <p>☹️ 😐 😊</p>	<p>6</p> <p>3 planks to mild fatigue. 3 bridges to mild fatigue. Journal about a recent positive experience.</p> <p>☹️ 😐 😊</p>	<p>7</p> <p>5-minute healthy back yoga. Converse with someone in your support group (make plans). Read something inspirational.</p> <p>☹️ 😐 😊</p>	<p>8</p> <p>Take a walk. Eat your favorite healthy meal. Journal about a recent positive experience.</p> <p>☹️ 😐 😊</p>
<p>9</p> <p>Make a healthy snack to eat June 10-14th. Name 7 things you are thankful for. Meditate/pray.</p> <p>☹️ 😐 😊</p>	<p>10</p> <p>5-minute healthy back yoga. Listen to a happy song (sing/dance/move?). Intentional act of kindness.</p> <p>☹️ 😐 😊</p>	<p>11</p> <p>3 planks to mild fatigue. 3 bridges to mild fatigue. Listen to a happy song (sing/dance/move?).</p> <p>☹️ 😐 😊</p>	<p>12</p> <p>5-minute healthy back yoga. Read something inspirational. Daydream/meditate/relive about a very happy day.</p> <p>☹️ 😐 😊</p>	<p>13</p> <p>3 planks to mild fatigue. 3 bridges to mild fatigue. Listen to a happy song (sing/dance/move?).</p> <p>☹️ 😐 😊</p>	<p>14</p> <p>Eat a fresh fruit/veggie you REALLY like. Send an email/text/note or call someone in your support group. Read something inspirational.</p> <p>☹️ 😐 😊</p>	<p>15</p> <p>Take a walk. Eat your favorite healthy meal. Journal about a recent positive experience.</p> <p>☹️ 😐 😊</p>
<p>16</p> <p>Make a healthy snack to eat June 17th-21st. Name 8 things you are thankful for. Meditate/pray.</p> <p>☹️ 😐 😊</p>	<p>17</p> <p>5-minute healthy back yoga. Listen to a happy song (sing/dance/move?). Intentional act of kindness.</p> <p>☹️ 😐 😊</p>	<p>18</p> <p>3 planks to mild fatigue. 3 bridges to mild fatigue. Journal about a recent positive experience.</p> <p>☹️ 😐 😊</p>	<p>19</p> <p>5-minute healthy back yoga. Read something inspirational. Daydream/meditate/relive about a very happy day.</p> <p>☹️ 😐 😊</p>	<p>20</p> <p>3 planks to mild fatigue. 3 bridges to mild fatigue. Intentional act of kindness.</p> <p>☹️ 😐 😊</p>	<p>21</p> <p>5-minute healthy back yoga. Compliment a family member/coworker. Send an email/text/note or call someone in your support group.</p> <p>☹️ 😐 😊</p>	<p>22</p> <p>Take a walk. Eat your favorite healthy meal. Journal about a recent positive experience.</p> <p>☹️ 😐 😊</p>
<p>23</p> <p>Make a healthy snack to eat June 24th-28th. Name 9 things you are thankful for. Meditate/pray.</p> <p>☹️ 😐 😊</p>	<p>24</p> <p>5-minute healthy back yoga. Listen to a happy song (sing/dance/move?). Intentional act of kindness.</p> <p>☹️ 😐 😊</p>	<p>25</p> <p>3 planks to mild fatigue. 3 bridges to mild fatigue. Journal about a recent positive experience.</p> <p>☹️ 😐 😊</p>	<p>26</p> <p>5-minute healthy back yoga. Read something inspirational. Eat a fresh fruit/veggie you REALLY like.</p> <p>☹️ 😐 😊</p>	<p>27</p> <p>3 planks to mild fatigue. 3 bridges to mild fatigue. Intentional act of kindness.</p> <p>☹️ 😐 😊</p>	<p>28</p> <p>Plan July's calendar. Compliment a family member/coworker. Send an email/text/note or call someone in your support group.</p> <p>☹️ 😐 😊</p>	<p>CHALLENGE ENDS</p>

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