

# 30-Day Activity Calendar

<b>Day 01</b> Do 5 minutes of deep breathing before bed	<b>Day 02</b> Spend 15 minutes window shopping	<b>Day 03</b> Explore a new park or neighbourhood	<b>Day 04</b> Set an alarm to stand up and stretch every hour	<b>Day 05</b> Dance to 2-3 of your favourite songs	<b>Day 06</b> In office, visit a co-worker to talk to them instead of emailing	<b>Day 07</b> Take a loop around your home or office while on the phone
<b>Day 08</b> Do 15 minutes of light outdoor work (i.e. raking leaves or working on garden)	<b>Day 09</b> Try to touch your toes while you wait for the oven timer to finish	<b>Day 10</b> Do 10 sit-to-stands from a chair	<b>Day 11</b> Stretch your arms overhead and roll your shoulders every time you refill your water bottle	<b>Day 12</b> Do 15 calf raises while brushing your teeth	<b>Day 13</b> Make one errand active by walking or biking instead of driving	<b>Day 14</b> Try a balance challenge – stand on one foot while watching a commercial break
<b>Day 15</b> Do a few slow standing twists while in line at the grocery store	<b>Day 16</b> Try a “kitchen counter push-up” next time you’re waiting for your coffee to brew	<b>Day 17</b> Do a gentle forward fold and let your arms hang for 20-30 seconds	<b>Day 18</b> Play an active game with your kids, pet, or a friend outdoors	<b>Day 19</b> Use a doorway to do a gentle chest-opening stretch	<b>Day 20</b> Do 5 neck rolls per side while listening to a podcast or voice message	<b>Day 21</b> Take a 15-minute morning walk before work
<b>Day 22</b> While seated, do 15 ankle circles clockwise then counterclockwise on each foot	<b>Day 23</b> Rest flat on your back, legs extended up the wall, and take some mindful breaths	<b>Day 24</b> Do slow shoulder rolls at your desk – 5 times forward, then 5 times backward	<b>Day 25</b> Do 10 leg extensions while watching TV	<b>Day 26</b> Use your stairs as a stretching prop – place one foot up and lean gently forward	<b>Day 27</b> Try balancing on your tiptoes for 20 seconds	<b>Day 28</b> Use a resistance band or towel to stretch your shoulders overhead
<b>Day 29</b> Open and close your fists tightly 10 times to boost circulation	<b>Day 30</b> Do 12 biceps curls on each arm with a water bottle or book					