

## October 2023 – Outdoor Challenge

Spending time outdoors is known to be a stress reducer. Throughout the month, aim to spend at least 30 minutes outside daily. Each day, fill in the calendar square with how you spent your time outdoors.



Name: \_\_\_\_\_

Department: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Image credit: <https://www.nps.gov/blri/learn/nature/mountains.htm>

Turn in your completed log through interdepartmental mail to **Janifer Pressley** at the **Cullowhee Recreation Center** by November 10th.