

October 2025

Outdoor Challenge

Spending time outdoors is known to have many health benefits including improved mental health, lower stress and increased physical wellbeing. There are numerous ways to spend time outside. It can be as easy as enjoying a meal outdoors or taking a phone call outside, if possible. For other ways to enjoy the outdoors in Jackson County visit - <https://www.discoverjacksonnc.com/>

Throughout the month, aim to spend at least 30 minutes outside daily.

Fill in each calendar square with the amount of time you spent outdoors.

Name _____ Department _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			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	

Please submit completed challenge through interdepartmental mail to **Jenifer Pressley** at the Cullowhee Recreation Center by **November 7th**.