

# October 2020 Outdoor Challenge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>You should spend 30 minutes outside weather permitting. If the weather does not allow, try watering indoor plants or potting plants for indoor growth. The goal is to spend 20 out of the 30 days outside. Mark them off as you go and submit a point for each day.</p>				1	2	3
				Spend 30 minutes outside	Spend 30 minutes outside	Spend 30 minutes outside
4	5	6	7	8	9	10
Spend 30 minutes outside	Spend 30 minutes outside	Spend 30 minutes outside	Spend 30 minutes outside	Spend 30 minutes outside	Spend 30 minutes outside	Spend 30 minutes outside
11	12	13	14	15	16	17
Spend 30 minutes outside	Spend 30 minutes outside	Spend 30 minutes outside	Spend 30 minutes outside	Spend 30 minutes outside	Spend 30 minutes outside	Spend 30 minutes outside
18	19	20	21	22	23	24
Spend 30 minutes outside	Spend 30 minutes outside	Spend 30 minutes outside	Spend 30 minutes outside	Spend 30 minutes outside	Spend 30 minutes outside	Spend 30 minutes outside
25	26	27	28	29	30	31
Spend 30 minutes outside	Spend 30 minutes outside	Spend 30 minutes outside	Spend 30 minutes outside	Spend 30 minutes outside	Spend 30 minutes outside	Spend 30 minutes outside
<p>Rate your level of stress before and after spending time outdoors. Notice if there is a difference in mood. For each day you spend 30 minutes outside, give yourself 1 point, for a total of up to 31 points.</p>						

