


# October 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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Name: _____ Department: _____							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	Turn in completed log through interdepartmental mail to <b>Jenifer Pressley</b> at the <b>Cullowhee Recreation Center</b> by November 10th.					