

COLLECT  MOVE
FOR THE CAUSE

ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Do yard maintenance	Take the stairs instead of the elevator		Do stretches in front of the computer			Clean your refrigerator
	Cook	Work at your computer standing up		Take the stairs instead of the escalator	Travel by bike rather than by car	Practice fruit picking
Jump rope	Do yoga		Walk during lunch time with your team		Vacuum	Dance
Shop		Clean your windows		Play baseball with your team		Sort out your clothes
Organize games at the park with your team		Go bowling with your team			Go to a Zumba class	Play golf or mini-golf with your team
Take a bike ride	Go to the gym			Play tennis		Go swimming