

Passport to Wellness Activity Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
NUTRITIONAL WELLNESS							
Meatless Monday	Hydrate Yourself Drink Water 4 bottles a day	Waste Less Wednesday Take what you want! Eat all that you take!	Eat Fresh Fruit 3 servings	Fast Food Free Friday	Eat Fresh Veggies 3 servings	Cook a meal with your Family	
PHYSICAL WELLNESS							
Walk, Run, Ride, Swim for 20 minutes	Stretch for 20 minutes	Walk, Run, Ride, Swim for 20 minutes	Abs/Arms for 20 minutes	Walk, Run, Ride, Swim for 20 minutes	Team Sports Day	Day of Rest	
PERSONAL WELLNESS							
Family Dinner at Home	Un-Plug Game Night w/Friends	WILD WEDNESDAY Coppell Nature Center	Un-Plug Family Movie Night	Family Night Out Rangers, Picnic, Skating, Swim			
SOCIAL WELLNESS							
Visit the Library	Visit the Nature Center	Visit the Community Garden	Visit the Andy Brown Park	Visit the Duck Pond	Visit the Farmers Mkt	Day of Meditation or Worship	