

October 2024 – 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.



Name: _____

Department: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		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		

Image credit: <https://www.nps.gov/blri/learn/nature/mountains.htm>

Turn in your completed log through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Recreation Center** by November 8th.