

Activity Calendar

Activities for the Mind, Body and Soul designed to help fight frailty.

Use this calendar to keep track of the activities you do during the week. Try to check off at least one box each day. Get the details as well as printable versions of each activity at [GetMomMoving.com](http://www.GetMomMoving.com).

Sponsored by



[GetMomMoving.com](http://www.GetMomMoving.com)

Week starting: _____ / _____ / _____
Month Day Year

| | Sun | Mon | Tues | Wed | Thur | Fri | Sat |
|--------------------------------|--------------------|-----|------|-----|------|-----|-----|
| <i>Activities for the Mind</i> | On Call | | | | | | |
| | Change Direction | | | | | | |
| | Puzzle a Day | | | | | | |
| | Crazy 8s | | | | | | |
| | Memory Lane | | | | | | |
| | Other | | | | | | |
| <i>Activities for the Body</i> | Power Grip | | | | | | |
| | Walking Strong | | | | | | |
| | Leg Strengthening | | | | | | |
| | Circle Scarves | | | | | | |
| | A Day at the Beach | | | | | | |
| | Other | | | | | | |
| <i>Activities for the Soul</i> | Support the Troops | | | | | | |
| | Movie Matinee | | | | | | |
| | Plant a Garden | | | | | | |
| | This is Your Life | | | | | | |
| | Start a Collection | | | | | | |
| | Other | | | | | | |