

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						