

30-Day Activity Challenge

Complete the activities and cross them out as you go.



Take a 15–20 minute walk outdoors or indoors



Stretch or do chair yoga for 10 minutes



Call or message a friend or family member



Attend or host a casual coffee or tea chat



Try a new puzzle, crossword, or word game



Cook or bake a favorite recipe



Listen to music and reflect on favorite songs



Join a group fitness or movement class



Read a chapter of a book or article you enjoy



Spend time gardening or caring for plants



Attend a lecture, presentation, or learning session



Watch a movie or documentary and discuss it



Practice mindfulness or meditation for 5–10 minutes



Enjoy a shared meal or happy hour with others



Try a creative activity like drawing, writing, or crafts



Take a scenic walk or nature observation break



Participate in a game night or trivia activity



Organize photos or write down a favorite memory



Volunteer time or help someone in a small way



Attend a cooking demo or food tasting



Do gentle strength or balance exercises



Learn a new technology tip or app



Join a discussion group or book club



Spend time outdoors enjoying fresh air and sunshine



Practice gratitude by writing down three good things



Attend a cultural event, film, or themed dinner



Play cards, board games, or dominoes



Try a new hobby or revisit an old one



Reflect on the month and note favorite activities



Celebrate by inviting someone to join you for an activity