

Activity Calendar

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

Week starting: _____ / _____ / _____
Month Day Year

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