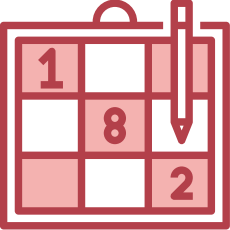
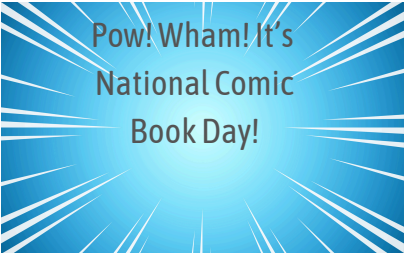
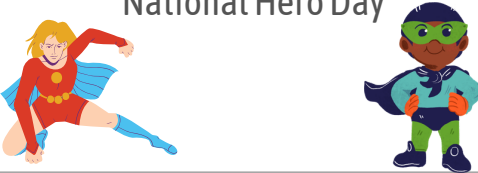
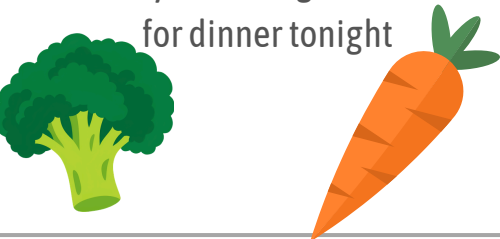
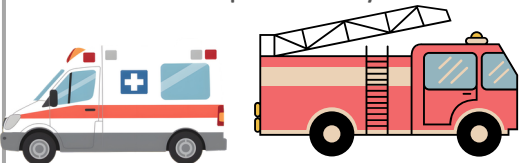
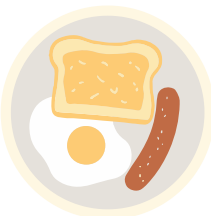


September 2026

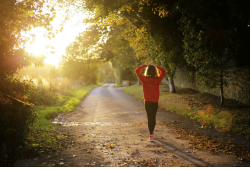
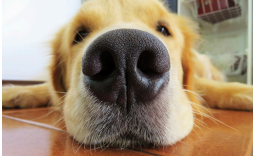
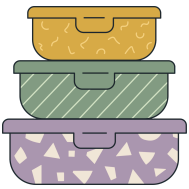
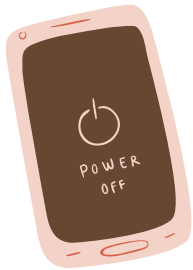
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Can you drink 8 bottles of water today? 	2 Find a yoga class on youtube and get that stretch on 	3 Go outside for one hour today and soak in the sunshine 	4 Sport your favorite college colors for national College Colors day 	5 Check out the SUPER GIRL surf festival at the Oceanfront this weekend 
6 National Read a Book Day 	7 Take 10 minutes to prep for tomorrow's schools day • clothes • backpack • lunch 	8 Make sure to fill up your water bottle at least 3 times today 	9 Play your favorite board game for international Sudoku Day 	10 Find a new Podcast! 	11 Invite a friend over to play outside for at least 30minutes 	12 Have you visited the Norfolk Botanical Garden's Butterfly House? 
13 Choose a new fruit to try at the grocery store 	14 Take a walk listening to your favorite playlist 	15 Snack Time Make a healthy after school snack (cheese, fruit, veggies) 	16 International Guacamole day! 	17 No screens after 5pm 	18 Exercise with a buddy today for 30 minutes 	19 Visit the VB Farmers Market for the Apple EXTRAVAGANZA 10am-4pm 
20 Pick out your outfit for tmmorow and set it out for the morning 	21 Create a family fall bucket list 	22 Call a relative just to chat! 	23 Avoid sodas/surgery drinks for the rest of the month 	24 Write a short letter today for national punctuation day! 	25 Pow! Wham! It's National Comic Book Day! 	26 Take a hike! Free parking today at all State Parks for National Public Lands Day 
27 Do ten Squats every hour on the hour mark! 	28 Be extra friendly today for National Good Neighbor Day 	29 It's World Heart Day! Get yours pumping with 50 jumping jacks 	30 Write down 3 things you are proud of yourself for doing this month 			

October 2026

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

				1 It's National Apple Month! Try making some healthy apple oat muffins! 	2 Go to sleep by 9pm and wake before 9am tomorrow 	3 Go to a park and take in the scenery for Look at the Leaves day 
4 Pack lunch for work/school tomorrow 	5 Make a soup & add chicken or lentils for added protein 	6 Challenge yourself! Go for a 20 minute Run/Jog 	7 Take five minutes to just appreciate yourself today 	8 Celebrate a Hero in your life for National Hero Day 	9 Go for a walk at the mall and visit your favorite shops! 	10 It's World Mental Health Day! Write 3 positive affirmations to say every day 
11 Take a walk on the beach today and soak in the ocean air 	12 Visit a Farmer's market for National Farmer's Day 	13 Work on a puzzle forr National Train Your Brain Day 	14 Its Squatober! Do 100 Squats today 	15 For National Handwashing Day, wash your hands every hour! 	16 Try a new Vegetable for dinner tonight 	17 Visit a pumpkin patch - race your family through the corn maze 
18 Its National Mashed Potato Day! Grab your favorite seasoings and enjoy! 	19 Go the extra mile! Walk for 10 more minutes today 	20 Write down three things you are great at for National Youth Confidence Day 	21 Its National Apple Day! 	22 Get out your reading glasses and read for 30 minutes before bed 	23 Make a Healthy snack and have a family movie night! 	24 Sign up to hand out non-food treats with the Teal Pumpkin Project 
25 Spend time with someone you love doing something they enjoy 	26 Its National Pumpkin day. Carve a pumpkin and roast the seeds! 	27 Challenge a friend to complete 5 push-ups every hour today 	28 Thank a local hero today for National First Responders day 	29 Get up a little earlier and have a good breakfast! 	30 Try a new recipe and get the whole family involved in making dinner 	31 Get 10,000 steps this halloween! 

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Set a timer on your phone to move every thirty minutes today 	2 Fall Workout  F: Flutter Kicks x30s A: Abdominal Crunches x30s L: Lunges x10 L: Lateral Arm Raise x10	3 Spend 15 minutes cleaning in your room today! De-clutter and De-Stress 	4  Read or draw for one hour today!	5 Go for a longer walk today. Aim for 45 minutes! 	6 Play a board or card game with your family tonight 	7 Search for a new healthy recipe for dinner tonight! 
8 Choose 3 days to exercise this week and put it on your calendar! 	9 Have a Dog? Take them for a walk and play today for 20 minutes 	10 Pick out a new vegetable to try from the store 	11 Show appreciation to a Veteran today 	12 Make a homemade pizza for National Pizza with the works except Anchovies day 	13 World Kindness Day! Be especially kind today 	14 Hangout with your family in PJs for National Family PJ Day 
15 National Clean out your fridge day! Time to purge those tupperwares! 	16 Brainstorm 3 things you like about yourself 	17 Head to Mt Trashmore or a local trail for National take a hike day! 	18 Leaf Workout L: Leg Raises x10 E: Elevated Push-ups x10 A: Alternating Lunges x10 F: Forearm Plank x30s	19 National Play Monopoly Day! Play if you have it! Or play a different game! 	20 Spend one hour outside today! 	21 Get up early and have breakfast as a family today! 
22 Try meal prepping your lunches this week 	23 Complete a CHKD Sports Medicine exercise video on Youtube! 	24 Learn to make a new dish for Thanksgiving! 	25 Write down 4 things that you are thankful for 	26 Run the Tidewater Striders Turkey Trot 1 mile *or run 1 mile at home 	27 National Electric Guitar day. Play an instrument or listen to your favorite band for 30 minutes 	28 Revisit your goals this month and rededicate to them! 
29  Help set up holiday decorations	30  No Screens after 5pm today!					

Tidewater Striders Turkey Trot:

<https://runsignup.com/Race/VA/VirginiaBeach/40thAnnualTurkeyTrot10KMile>