Fun for one, fun for all!

All-Out October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
Carve a pumpkin!	31 Dance to your favourite Halloween songs					Take the long way every time you leave a room	
Make your bed first thing in the morning	Vacuum and mop the floors	Lunge from one side of the room to the other	Clean the shower/bath	Stretch your body as you watch TV	Do a star jump every time you	Do a creative activity	
Wrap up warm and go for a walk	Polish the windows	11 Throw air punches for one minute	Use our activity finder	13 While sitting, lift each leg ten times	14 Twist your upper body at the start of every hour	Go to your local park	
Rake the lawn leaves	Re-organise one shelf in the kitchen	18 Touch the ground every time you stand	19 Take today to breathe and be present	20 Get some fresh air at lunch time	Walk to work or get off the bus a stop early	Read an article standing up	
Spend 30 minutes cleaning the house	Squat while the kettle boils	25 Walk on the spot whilst you're on the phone	Spot 15 birds in your area	Learn one new thing	Cook yourself a special meal	29 Do something fun with the whole family	Ener