



30-in-30 Challenge

30 Activities in 30 Days

EXPLORE (CHOOSE 3)

- ☐ Attend a festival or outdoor concert or fair
- ☐ Go roller skating
- ☐ Go to a farmer's market
- ☐ Play mini-golf or bowling
- ☐ Ride a roller coaster
- ☐ Visit an art gallery

WATER WORKS (CHOOSE 6)

- ☐ Blow big bubbles
- ☐ Go get wet at a pool, a water park or Splash Pad
- ☐ Have a water fight
- ☐ Jump into the water fully clothed
- ☐ Run through the rain
- ☐ Skip rocks into a river or lake
- ☐ Visit a waterfall
- ☐ Watch rain from a porch

OUTDOORS (CHOOSE 2)

- ☐ Eat outside / Go on a picnic
- ☐ Enjoy a cozy campfire
- ☐ Hike a new trail
- ☐ Sleep outside for a night

FUN WITH FAMILY & FRIENDS (CHOOSE 4)

- ☐ Call or visit a friend you haven't seen for years
- ☐ Make a fort with blankets and pillows
- ☐ Play an outdoor game
- ☐ Play hide and seek
- ☐ Play mini golf or bowling
- ☐ Watch an Outdoor Movie /Go to a drive-in movie

INSIDE (CHOOSE 2)

- ☐ Create a summer playlist
- ☐ Dance in your house
- ☐ Have a DIY at-home spa day
- ☐ Watch your favorite childhood movie

OUT (CHOOSE 3)

- ☐ Create chalk art preferably on the sidewalk
- ☐ Do a photoshoot in your hometown
- ☐ Fly a kite
- ☐ Go stargazing for 30 minutes
- ☐ Take a picture of a sunrise or sunset from a hill
- ☐ Walk outside with no shoes

THINK, JUST A LITTLE (CHOOSE 3)

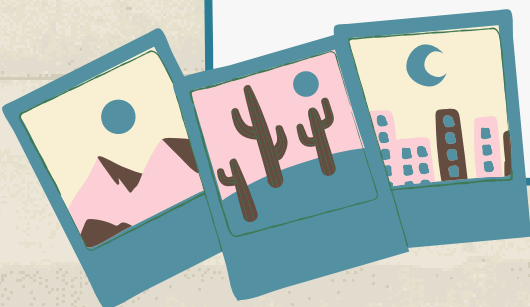
- ☐ Do a pencil puzzle (Sudoku, Crossword, Etc)
- ☐ Learn 20 words in a new language
- ☐ Make a time capsule
- ☐ Visit the Library
- ☐ Write a letter
- ☐ Write in a journal 6 time

TASTE BUD EXPLOSION (CHOOSE 3)

- ☐ Bake a new type of cookie
- ☐ Make a healthy smoothie
- ☐ Make ice popsicles
- ☐ Make s'mores with a new ingredient
- ☐ Try a new recipe
- ☐ Try a vegan dish

DO GOOD & BE BETTER (CHOOSE 4)

- ☐ Do 5 random acts of kindness
- ☐ Feed the birds
- ☐ Go offline for 24 hours
- ☐ Make a treat for someone else
- ☐ Volunteer or donate to a charity
- ☐ Write letters to grandparents



STUDIO STRONG

More Than Just a Workout