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Daily exercise calendar

Regular movement significantly impacts mental health. Below, find a calendar with low-impact exercises requiring no equipment. Record your feelings after each daily exercise. Start with small goals and increase duration, frequency, and intensity gradually.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Take a hike in nature   	2 Do yoga   	3 Do a 1-minute plank   	4 Take a walk   
5 Do 15 squats   	6 Climb 5 flights of stairs   	7 Do 5 push-ups   	8 Take a walk   	9 Stretch for 15 minutes   	10 Go for a jog   	11 Dance for 15 minutes   
12 Do a 1-minute plank   	13 Stretch for 15 minutes   	14 Take a hike in nature   	15 Do 15 jumping jacks   	16 Do 15 squats   	17 Do yoga   	18 Go for a jog   
19 Take a long walk   	20 Dance for 15 minutes   	21 Do 15 jumping jacks   	22 Go for a jog   	23 Do 15 sit-ups   	24 Climb 5 flights of stairs   	25 Do 15 jumping jacks   
26 Stretch for 15 minutes   	27 Take a hike in nature   	28 Do 15 lunges   	29 Do yoga   	30 Take a walk   	31 Do 15 squats   	



For more information, scan the QR code to visit your Employee Assistance Program member website, MagellanAscend.com, or call 1-866-580-9046 (TTY 711).

