



Monthly Calendar

Month: August

Note: The activities below are just examples of how to build taking care of yourself into your routine. You shouldn't feel you need to do these every day. Start with trying to work in one activity regularly and see if it helps you to manage stress.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jul 28	29	29	30	Aug 1	2	3
play favorite game with kids after their homework	take a walk with kids after dinner for 20 minutes	call Dad after dinner	jogging in the park at 6am	go to the library with kids after school	go to gym at 8pm	have dinner with friends at home at 5pm
4	5	6	7	8	9	10
go to the baseball game at 12pm	take a walk with kids after dinner for 20 minutes	watch a movie with kids after dinner	jogging in the park at 6am	go to the library with kids after school	go to gym at 8pm	go to a movie with Bob at 5pm
11	12	13	14	15	16	17
go to Bob's birthday party	take a walk with kids after dinner for 20 minutes	have lunch with Josh	jogging in the park at 6am	go to the library with kids after school	go to gym at 8pm	work on my car at 9am
18	19	20	21	22	23	24
take kids to the restaurant we like	take a walk with kids after dinner for 20 minutes	take a long shower before bed	jogging in the park at 6am	go to the library with kids after school	go to gym at 8pm	go to flea market with kids at 11am
25	26	27	28	29	30	31
do deep breathing or meditate for 15 minutes	take a walk with kids after dinner for 20 minutes	flip through a magazine	jogging in the park at 6am	go to the library with kids after school	go to gym at 8pm	short chat with a friend