

AUGUST 2026 HEALTHY SUMMER CHALLENGE

SATURDAY

For the first half of the month, we encourage you to repeat activities to build healthy habits, and for the second half, we encourage you to create your own ideas!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Repeat June 3 or July 22. 2	Repeat June 20 or July 16. 3	Repeat June 16 or July 28. 4	Repeat June 17 or July 15. 5	Repeat June 4 or July 9. 6	Repeat June 7 or July 5. 7	Repeat June 9 or July 21. 1
Repeat June 15 or July 27. 9	Repeat June 27 or July 25. 10	Repeat June 5 or July 13. 11	Repeat June 12 or July 10. 12	Repeat June 11 or July 16. 13	Repeat June 28 or July 26. 14	Repeat June 12 or July 17. 15
Get moving, whatever that means to you! 16	You matter! Practice self-care, like taking ten deep breaths. 17	You pick: Is today a fruit or veggie day? 18	Do something that will relax you, like listening to your favorite music. 19	Make yourself smile! 20	Engage in a free write to flex your creative skills! 21	Fruit and veggie time! 22
Create and eat a snack with fruits and veggies. 23	Take time to journal with your friends! 24	Time to move! Dance, run, and wiggle! 25	Complete a puzzle with your family! 26	Come up with a fun topic for you and your adults to discuss at home. 27	Create and eat a fun snack with your best friend! 28	Enjoy time with your friends! 29
Engage in an activity that will make you smile, like planting flowers. 30	Appreciate your healthy choices this summer! 31	 Thanks for sharing your summer with us!				
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