



Active together to support local families.

Social Saturday	Still going Sunday	Mental health Monday	Try it Tuesday	Wellbeing Wednesday	Test yourself Thursday	Physical Friday
1.	2.	3.	4.	5.	6.	7.
8.	9.	10.	11.	12.	13.	14.
15.	16.	17.	18.	19.	20.	21.
22.	23.	24.	25.	26.	27.	28.

29.

Tick off each day and make a note of the exercise you've done. Once complete, send a photo of your calendar to fundraising@stbh.org.uk

Reg charity no. 256789

