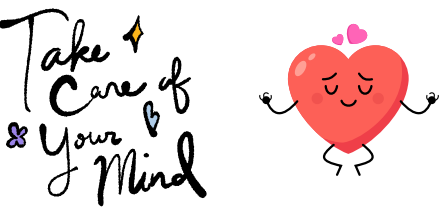
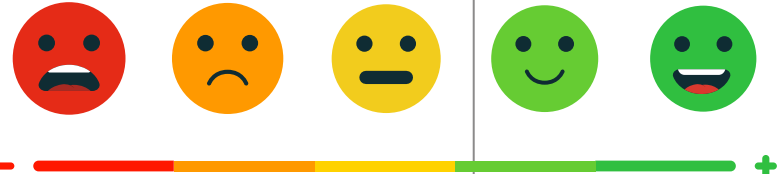


# August

2026

| Sunday                                                                                                                                                                              | Monday                                                                                                                                    | Tuesday                                                                                                                                    | Wednesday                                                                                                                                                           | Thursday                                                                                                                                                                                                         | Friday                                                                                                         | Saturday                                                                                                                                                                            |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                     |                                                                                                                                           |                                                                                                                                            |                                                                                                                                                                     |                                                                                                                                                                                                                  |                             | <b>1</b><br><b>Bucket List</b><br>What is left on the bucket list you made in June? Go have fun & continue to enjoy the summer months.                                              |
| <b>2</b><br><b>Begin Planning for School</b><br>-Adjust sleep schedules<br>-Gather school supplies<br>-Organize your backpack                                                       |  <b>3</b><br>Be <b>patient</b> with yourself and others |  <b>4</b><br><b>Exercise</b> as a family in the evening. |  <b>5</b> School begins in one week. Begin to adjust your <b>sleep</b> schedule. | <b>6</b><br><b>1000 Hours</b><br>Be outdoors as much as possible this summer.<br><a href="https://www.1000hoursoutside.com/trackers">https://www.1000hoursoutside.com/trackers</a>                               | <b>7</b><br>Start Friday with exercise. Walk, lift weights, jump rope, run<br><b>Give yourself movement.</b>   |  <b>8</b> Spend time <b>outdoors.</b> Find your calm self.                                      |
| <b>9</b><br><b>Begin Planning for School</b><br>-Adjust sleep schedules<br>-Gather school supplies<br>-Organize your backpack                                                       | <b>10</b><br><b>Be involved</b> in school events. Make a plan for what you will participate in this school year.                          | <b>11</b><br>It's a busy time. Remember to show your <b>appreciation to others.</b>                                                        | <b>12</b><br><b>Welcome Back!!!</b><br><b>School Begins</b><br><b>BEOP</b>                                                                                          |  <b>13</b> Be <b>kind</b> to others as you start your day!                                                                  | <b>14</b><br><b>Begin</b> the day with making your bed, stretching, eating healthy & drinking water            | <b>15</b><br><b>Rest, Relax, Rejuvenate</b><br>Allow yourself some time to rest, then tackle your to do list.                                                                       |
| <b>16</b><br><b>Prep for the Week Ahead</b><br>Take an hour & make preparations for the week.                                                                                       |  <b>17</b> Be prepared. Learn, make mistakes & grow.   | It's a new school year. Set your goals.<br>           | <b>19</b><br><b>Settle</b> in to a new schedule. Take time to breathe & reset.                                                                                      | <b>20</b><br>Share a <b>smile</b> and kind words to others. Look for someone that may need encouragement.                                                                                                        | <b>21</b><br>Start Friday with exercise. Walk, lift weights, jump rope, run<br><b>Give yourself movement.</b>  | <b>22</b><br><b>1000 Hours</b><br>Be outdoors as much as possible this summer.<br><a href="https://www.1000hoursoutside.com/trackers">https://www.1000hoursoutside.com/trackers</a> |
| <b>23</b><br><b>Self Talk</b><br>Use positive affirmations and thoughts all day.                                                                                                    | <b>24</b><br><b>Journal</b><br>Think of all the things you are grateful for this summer.                                                  | <b>25</b><br><b>Sharing is Caring</b><br>Share your positivity with everyone you see.                                                      | <b>26</b><br><b>Joke of the Day</b><br>Share a silly joke or riddle. Bring laughter to others.                                                                      | <b>27</b><br><b>1000 Hours</b><br>Be outdoors as much as possible this summer.<br><a href="https://www.1000hoursoutside.com/trackers">https://www.1000hoursoutside.com/trackers</a>                              | <b>28</b><br><b>Check in</b> on your family members & friends.                                                 | <b>29</b><br><b>Family Dinner</b><br>Slow down & enjoy each other's company.                                                                                                        |
| <b>30</b><br><b>1000 Hours</b><br>Be outdoors as much as possible this summer.<br><a href="https://www.1000hoursoutside.com/trackers">https://www.1000hoursoutside.com/trackers</a> | <b>31</b><br><b>Summer Isn't Over</b><br>Continue to enjoy the summer weather & ability to be outdoors.                                   |                                                       |                                                                                |  <b>Daily Check In</b><br>1. Check in with yourself.<br>2. Use coping strategies.<br>3. Teach someone else to use the steps | <br><b>Daily Check In</b> |                                                                                                                                                                                     |