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



For more information, scan the QR code to visit your Employee Assistance Program member website, [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) (enter Principal Core), or call 1-800-450-1327 (TTY 711).

