

STRONG MINDS FAMILY CALENDAR

Use this calendar along with the Strong Minds Family Tip Sheet to schedule healthy activities for your family to do together!



Special Olympics
Strong Minds



WEEKLY CHALLENGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1 Goal: Complete ___ activities this week							
Week 2 Goal: Complete ___ activities this week							
Week 3 Goal: Complete ___ activities this week							
Week 4 Goal: Complete ___ activities this week							Tell us about your Strong Minds Family activities by scanning the QR Code

Developed in partnership with the Vanderbilt Kennedy Center