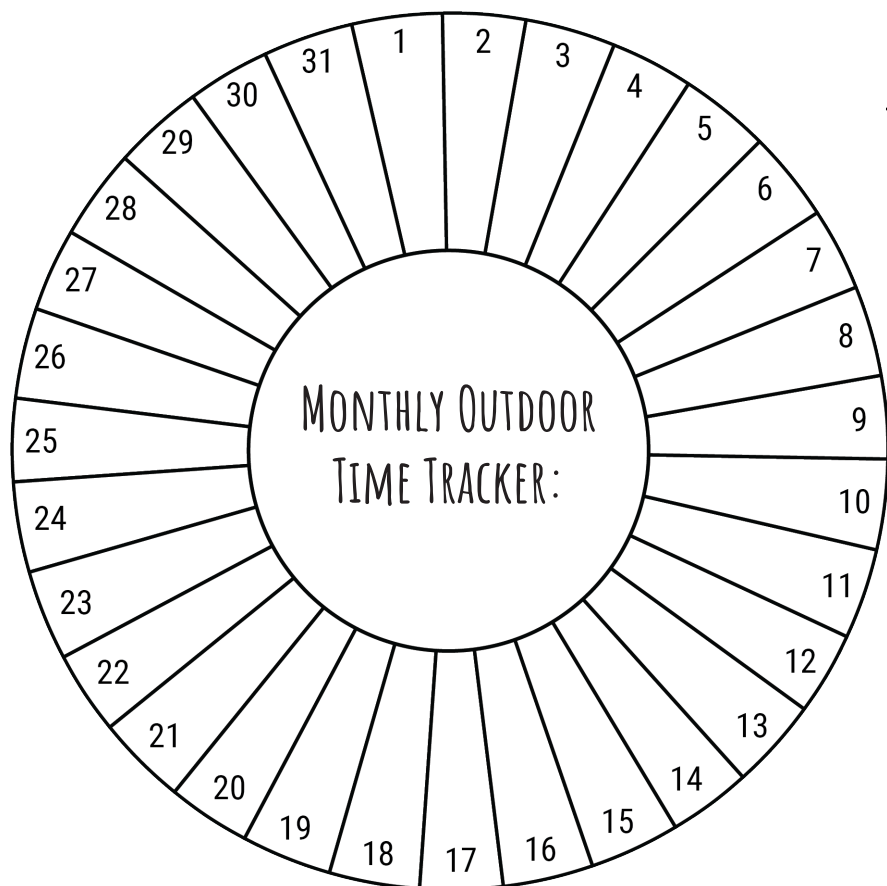


GETTING OUTSIDE

THIS MONTH: _____

This Month's Outdoor Goals:



COLOR KEY:

- 0-30 Minutes
- 30-60 Minutes
- 1-2 Hours
- 2-3 Hours
- 3-4 Hours
- 5+ Hours

Highs and lows of my outdoor time:

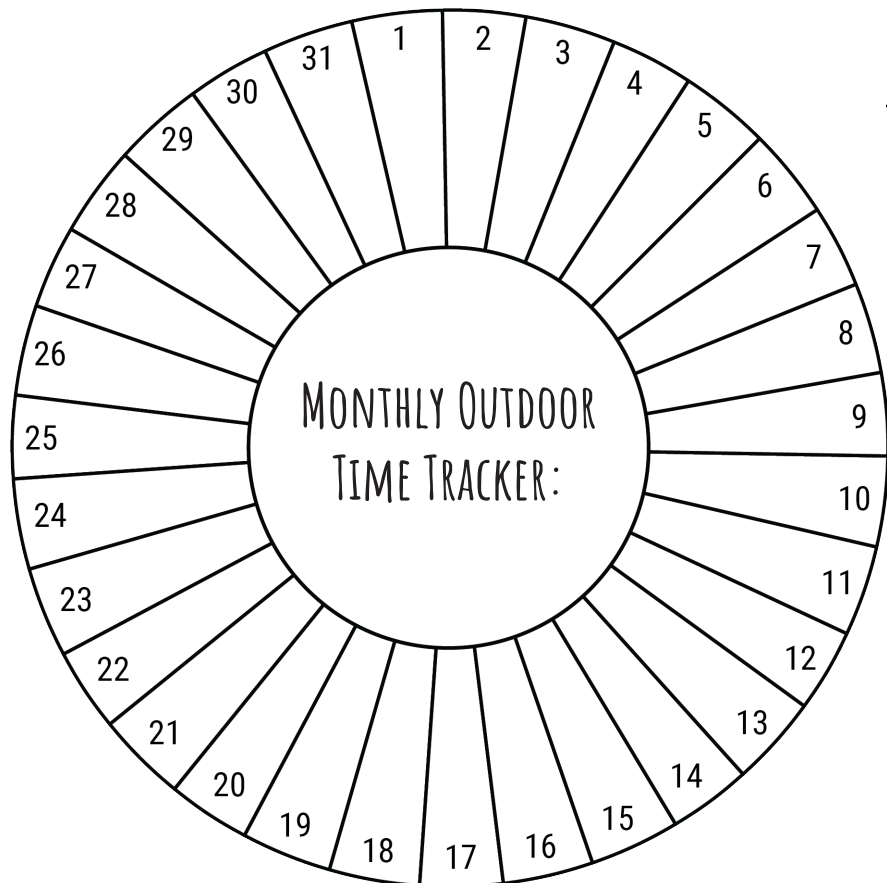
Notes and learnings:



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