

APRIL COGNITIVE KIT ACTIVITY TRACKER

This month, we are encouraging everyone to spend time outdoors once a week. Below, you can track the number of times you went outside as well as the activities you did.

If you'd like ideas, take a look at our suggested outdoor activities:

Throw a ball with your pet
Have a picnic
Gardening
Yard work
Enjoy a car ride
Relax in a hammock
Birdwatching
Cloud watching

Date

Activity
