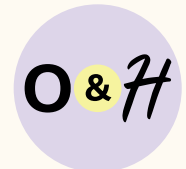


30 Days of **More Time**

in Nature **this September**

S	M	T	W	T	F	S
30 	31	1 Go on a photo walk in a park.	2 Stargaze in the evening.	3 Find a spot outdoors where you can journal.	4 Try geo-caching.	5 Go kayaking or canoeing.
6 Visit the local botanical garden.	7 Have a picnic outdoors (for Labor Day).	8 Visit a waterfall at sunset.	9 Play some nature sound recordings.	10 Try to find a sunflower field.	11 Get a bouquet of seasonal flowers.	12 Go on a camping trip.
13 Go apple picking.	14 Have your cup of morning coffee outside.	15 Go for a walk during your lunch break or after work.	16 Try an outdoor fitness class in the evening.	17 Play an outdoor sport like tennis in the evening.	18 Collect pinecones, leaves, and flowers for a fall wreath.	19 Go on a scenic hike.
20 Go bird-watching.	21 Read a book outdoors.	22 Find an outdoor café for lunch/after work.	23 Take a few minutes outdoors to just relax.	24 Watch a nature documentary.	25 DIY a bird feeder.	26 Drive to a peaceful lake for a quiet afternoon.
27 Go for a walk to collect colorful fall leaves.	28 Journal about your favorite memory connecting with nature.	29 Watch the sunset from a scenic spot.	30 Frame your photos of nature from this month.	1	2	3  Ordinary & Happy