

# Go Outside 23 in 2023

with the *Happier with Gretchen Rubin* podcast community

I commit to going outside 23 minutes a day in 2023:

X \_\_\_\_\_

For every day that you go outside for 23 minutes, check off the box. Remember that what we do most days matters more than what we do once in a while. If you go outside every day, that's terrific. If you go outside most days, that's terrific too. If you're waiting in line, walking to and from your car, or taking the dog out, take a moment to appreciate your time outside.

You can also join the challenge and track your activity on the *Happier* app. At one million entries, the *Happier* app will make a donation to One Tree Planted. Free to download and participate.

## JANUARY

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	★			

## FEBRUARY

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
			★			

## MARCH

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	★			

## APRIL

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22	23	24	25	26	27	28
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## MAY

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22	23	24	25	26	27	28
29	30	31	★			

## JUNE

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22	23	24	25	26	27	28
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## JULY

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29	30	31	★			

## AUGUST

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22	23	24	25	26	27	28
29	30	31	★			

## SEPTEMBER

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22	23	24	25	26	27	28
29	30	★				

## OCTOBER

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22	23	24	25	26	27	28
29	30	31	★			

## NOVEMBER

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	★				

## DECEMBER

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	★			



Join those in the *Happier with Gretchen Rubin* podcast community who are doing the "Go Outside 23 in 2023" challenge.

Share your progress on social media by using #Outside23in23 and tagging @GretchenRubin and @LizCraft.