











Living Well with Parkinson's Calendar

Use this calendar however it works for you. You may take one action each day for a month and then repeat. You may do all 28 in one week and nothing the next. Or maybe, you'll throw a dart at it each day and do whatever the square tells you to do. Have fun with it. Invite a friend to join you. Live better with Parkinson's today and every day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Set a new goal and outline your plan to achieve it.	Brush your teeth with your non-dominant hand. 	Practice five new yoga or stretching exercises. 	Read an inspiring story.	Eat at least five servings of fruits and vegetables. <i>(If you're experiencing constipation, try high-fiber fruits like apples, prunes, berries.)</i>	Catch up on the latest Parkinson's research. 	Boost your brain power with a crossword, Sudoku, or Scrabble game.
Take time to do some expressive writing.	Connect with an Ambassador. 	Drink at least 64 ounces of water.	Volunteer your time, talents, passions, money, or service to a local organization that's making a difference in your community.	Invite a neighbor or friend on a walk. 	Learn or practice a new skill.	Tour a museum, art center, or other cultural center.
Spend at least one hour outdoors, whether it's all at once or at different times of day.	Dance (be it alone, with a friend, along with a video, or in a class).	Make a meal you've never made before. 	Write a letter to a loved one.	Strengthen your fine motor skills by shooting marbles, bouncing and catching a ball, or stacking pennies.	Unplug for the day.	Attend a Parkinson's support group, in person or virtually. 
Take an online exercise class. 	List three activities you can do today that will bring you joy (and make sure you do them).	Call a friend to catch up. 	Spend 10 minutes (or more!) on a mindfulness exercise.	Boost your mood with music. 	Revisit your oral care routine to ensure you're brushing, flossing, and rinsing most effectively.	Try out a new class at your local community center, library, gym, or online.