

Live better with Parkinson's today and every day.

Living Well with Parkinson's Calendar

Use this calendar however it works for you. Take one action each day for a month and then repeat. Or do all 28 in one week and take a week break. Or even throw a dart at the calendar each day and do whatever the square tells you to do. Have fun! Invite a friend to join you.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Practice a new balance exercise (or two or three!)	Get outdoors within an hour of sunrise for a dopamine boost	Send a gratitude letter to a friend	Aim for 30 minutes of aerobic exercise	Explore new classes offered at your local community center	Eat two plant-based meals	Work on a creative project while listening to your favorite music
2	Start reading or listening to a book you've never read before	Give an electric toothbrush a try (and don't forget to floss!)	Exercise with a friend	List your goals for your next doctor's appointment	Work on a puzzle	Aim for five servings of vegetables during today's meal	Explore upcoming Parkinson's events in your area or online
3	Volunteer in your community	Make a list of 10 (or more) things you're grateful for today	Connect with a friend or family member, whether in person, by phone, or through a video call	Spend time in a nearby green space	Try out a new exercise class	Spend 20 minutes practicing mindfulness or meditation	Set a goal for the next week and make a plan to achieve it
4	Play a game with a loved one	Have a meatless Monday	Take a new route to work, while running errands, or during your afternoon walk	Help someone	Explore the latest in Parkinson's research	Reach out to a Davis Phinney Foundation Ambassador (to say thanks, to ask advice, or just to connect!)	Attend an event in your community (or make plans to do so in the near future)



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KEEP IT UP!

YOU DID IT!

