

Outside Once a Day

Plan one small trip outdoors a day, in a way that survives a low-energy week.

WHEN TO USE THIS

Use this when whole days go by without you leaving the house.

When were you last outside for more than a minute? What were you doing?

What usually stops you? Tick all that fit.

- ☐ Getting dressed feels like too much
- ☐ The weather
- ☐ Running into people you know
- ☐ No reason to go anywhere
- ☐ Too tired
- ☐ It does not feel worth it
- ☐ Pain or how your body feels

Plan three sizes of going out, so there is one for any day.

SIZE	WHAT IT IS	HOW LONG

Which size fits today? Write the time you will go.

Standing in the doorway counts. So does the end of the block.