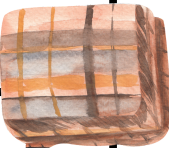


SUN	MON	TUE	WED	THU	FRI	SAT
				01 • Start a daily journal • •	02 • Sign up for a new workout class • •	03 • Clean out your closet • •
04 • Meal prep for the week ahead • • 	05 • Labor Day Holiday • •	06 • • • 	07 • Bookmark fall recipes to try • •	08 • • • 	09 • Go for a long walk outside • •	10 • • • 
11 • • •	12 • • •	13 • Make a list of fall style essentials • •	14 • • •	15 • • •	16 • Light your fave fall candle • •	17 • Watch a movie on the couch • •
18 • Send a letter via snail mail • •	19 • • •	20 • Pick up a new book • • 	21 • • •	22 • Call an old friend • •	23 • • •	24 • Bake something! • • 
25 • Clean out your pantry • • 	26 • • • 	27 • Listen to our HAF Fall Playlist • •	28 • Savor your morning coffee • • 	29 • • •	30 • • •	

SEPTEMBER 2022