HEALTH AND FUN IN ALABAMA FALL CHECKLIST

HAVE FUN WHERE YOU ARE

- [ ] Go for a walk
- [ ] Climb a tree
- [ ] Help a friend or neighbor
- [ ] Collect and paint rocks
- [ ] Build a treehouse
- [ ] Read a book
- [ ] Sing
- [ ] Dance
- [ ] Draw with sidewalk chalk
- [ ] Clean out a closet
- [ ] Donate unused items to charity
- [ ] Donate food to those in need
- [ ] Watch a sunrise
- [ ] Watch a sunset
- [ ] Meet a neighbor
- [ ] Do a random act of kindness
- [ ] Make a blanket fort
- [ ] Roast marshmallows
- [ ] Collect interesting leaves
- [ ] Learn a new skill
- [ ] Restore a piece of furniture
- [ ] Make a pinecone bird feeder
- [ ] Tackle a DIY project
- [ ] Do yardwork
- [ ] Visit the library
- [ ] Visit a playground
- [ ] Learn or practice an instrument
- [ ] Make art
- [ ] Ride a bike
- [ ] Carve or paint a pumpkin
- [ ] Visit a friend
- [ ] Plant a fall vegetable garden
- [ ] Plant flowers
- [ ] Volunteer
- [ ] Play boardgames
- [ ] Roll down a hill
- [ ] Stretch
- [ ] Walk the dog
- [ ] Mail a letter
- [ ] Share something you grew
- [ ] Practice origami

HAVE A PLANT

- [ ] Make a pumpkin recipe
- [ ] Make an apple recipe
- [ ] Make a squash recipe
- [ ] Make a pear recipe
- [ ] Make a sweet potato recipe
- [ ] Have a picnic
- [ ] Make a fun and spooky treat
- [ ] Cook a meal as a family
- [ ] Make a healthy gameday snack
- [ ] Cook outdoors
- [ ] Eat something you grew
- [ ] Grill fruits/veggies
- [ ] Make half your plate fruits and veggies
- [ ] Try a new food
- [ ] Try a new recipe
- [ ] Take a meal to a friend

HAVE A BALL

- [ ] Play catch
- [ ] Play tennis
- [ ] Play pickleball
- [ ] Play mini golf
- [ ] Play soccer
- [ ] Play disc golf
- [ ] Play paintball
- [ ] Play flag football
- [ ] Play badminton
- [ ] Go bowling
- [ ] Play basketball
- [ ] Play frisbee
- [ ] Practice archery

HAVE AN ADVENTURE

- [ ] Sign up for the 100 Alabama Miles Challenge
- [ ] Go to an outdoor concert
- [ ] Attend a sporting event
- [ ] Go geocaching
- [ ] Participate in a race
- [ ] Visit a museum or historical center
- [ ] Visit the zoo
- [ ] Go zip lining
- [ ] Visit somewhere new
- [ ] Go fishing
- [ ] Go caving
- [ ] Go horseback riding
- [ ] Go rock climbing
- [ ] Go cycling or mountain biking
- [ ] Go camping
- [ ] Go hiking
- [ ] Go kayaking or canoeing
- [ ] Go birdwatching
- [ ] Hear live music
- [ ] Visit a garden
- [ ] Visit a park
- [ ] Visit an Alabama Natural Wonder
- [ ] Visit a pumpkin patch
- [ ] Go to a fall festival
- [ ] Navigate a corn maze
- [ ] Go on a hayride
- [ ] Visit a farm
- [ ] Go apple picking
- [ ] Visit a farmer's market
- [ ] Go to the fair

ALABAMA PUBLIC HEALTH

The Nutrition and Physical Activity Division

For more tips and information, visit alabamapublichealth.gov/npa