



# SUMMER BUCKET LIST

Below are some activities to get your mind thinking of summer fun! Create your own summer bucket-list.

## BIKE

### MILE TRACKING

Create a goal to bike a certain number of miles this summer. 10, 20, 100 -- get out and explore!

### CREATE A NEW BIKE ROUTE

Explore a new route in your neighborhood, to your favorite park or to a friends house.

## REST

### UNDER THE SUN

Pick one activity of how to rest during the day. Read, nap, journal.

### SUMMER NIGHTS

Intentionally set time to be without technology.

## EXPLORE

### FOOD IN SEASON

Summertime is a perfect time to try local, fresh food. Visit your local farmers market, grocery store or MPS food box to taste the season!

### NATURE IN THE CITY

Explore your neighborhood. Can you spot wildlife? What other nature can you see in the city?

**NOW, CREATE YOUR OWN BUCKET LIST!**

