

# 2023 May

## Physical Fitness and Sports Month

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Flower of the Month**  
Lily

1



May Day

2



3



Memorize  
Philippians 4:13

4



National  
Day of Prayer

5



6



Read  
1 Corinthians  
6:19-20

7



Do jumping jacks  
for one minute

8



No Socks Day

9



10



Clean Up  
Your Room Day

11



Do eleven  
situps

12



Visit a  
public park

13



Read  
Isaiah 40:29-31

14



15



POLICE  
OFFICERS  
MEMORIAL  
DAY

16



Do 16 push ups

17



Wash  
the dishes

18



International  
Museum Day

19



Go for a  
bike ride

20



Read  
1 Corinthians  
9:24-27

21



Enjoy a bowl of  
strawberries

22



Listen to some  
music featuring  
a flute

23



Go for a 30  
minute walk

24



25



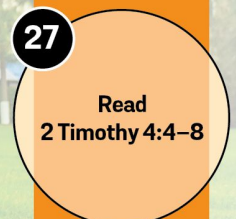
Read your  
favorite  
book for  
25 minutes

26



Wash  
the car

27



Read  
2 Timothy 4:4-8

28



National  
Burger Day

29



MEMORIAL DAY

30



Jump rope  
30 times

31



MAKE SOME  
MACARON  
COOKIES

Her children rise up and call her blessed;  
her husband also, and he praises her: "Many  
daughters have done well, but you excel them all".

Proverbs 31:28-29