



# april 2020

30 days of activities to clear your mind during quarantine

let's do this together!  
tag me @morgan.a.kline  
in your stories & posts



SUN

MON

TUES

WED

THURS

FRI

SAT

1

make a new recipe

2

text 5 people  
telling them why  
you are grateful  
for them

3

organize your  
family photos

4

have a picnic

5

go for a long  
walk

6

try out KIDS CAMP

7

start a gratitude  
journal

8

workout with me  
and take a  
#sweatselfie

9

DIY something  
or learn  
something  
new

10

listen to a  
coffee + kettlebells  
podcast episode

11

have a tech free  
day - including  
social media

12

DIY spa night  
once the kids  
are in bed

13

make a recipe  
from  
Morgan Makes It

14

deep clean +  
wash all bedding  
and curtains

15

learn a new  
dance - try  
Body Rock  
with me

16

organize your kids  
school stuff/artwork  
+ place in separate  
labeled bins

17

play a board game

18

workout with me

19

rearrange a room

20

go through your  
beauty products  
and have a clean  
out

21

workout with me

22

at-home mani-pedi

23

write someone a  
letter, on paper

24

meditate for  
15 minutes

25

make a new recipe

26

try a new workout

27

organize your  
spring  
wardrobe

28

listen to a  
coffee + kettlebells  
podcast episode

29

spring yard clean up

30

build a massive  
indoor fort & have  
a movie night