



# Fall 2023 Challenge Tracker

Prepare your home for winter (insulate, rake leaves, etc.)

Make a Pumpkin treat (pie, cookies, etc.)

Go outside at night and look at the moon and stars

Do a Corn Maze

Go for a walk or hike on a nice day

Go see the Leaves as they change color

Carve a Pumpkin

Decorate a space with Fall Decor

Do an Inktober or Write-ober activity

Watch (or participate in) a Fall parade

Have a Traditional Fall meal with Friends or Family

Make an apple treat (pie, bread, cookies, etc.)

Participate in a Trick-or-Treat (or Trunk-or-Treat)

Do a Gratitude Journal Entry

Drink apple cider

Watch or participate in a Fall sport