



FALL FUN BUCKET LIST

- Visit a **pumpkin patch** and take one home (*and roast your pumpkin seeds*)
- **Pick some apples** (*and turn them into a healthy baked apple dessert*)
- Make some **healthy chili** in your slow cooker (*and come home to dinner already done*)
- Take photos of the **foliage** (*turn them into canvas prints for gifts for loved ones*)
- Shop at your **local farmer's market** (*and pick seasonal fall veggies to cook in your kitchen*)
- **Use your fire pit** or build a bonfire (*gather around it with loved ones*)
- Go **hiking** (*the autumn surroundings are different even on your favorite trails*)
- Update your **skincare routine** to be more autumn-friendly (*heavier formulas will lock in hydration even as the wind gets chillier*)
- **Organize your sweaters** and cold weather clothes (*donate anything that doesn't fit, or you have had lodged in your closet for years*)
- **Make s'mores** using dark chocolate (*and use a banana instead of graham crackers for low-carb*)
- Get a **good book** (*and read it outside*)
- Make yourself a **healthy warm fall beverage** (*perfect for better immunity*)
- Have an autumn-themed **movie night**
- **Make popcorn** and season with olive oil and dill for a healthy snack
- Make your **coffee** by sprinkling ground cinnamon on top
- Create **dried flower bouquets** for autumn
- Look for **volunteering opportunities** near you
- Use **cozy essential oils** to set the mood (*cinnamon and clove are always a great choice*)
- Go for at least one **bike ride** before the snow covers the trails
- Start a **journal** (*and make it about gratitude*)