

THE FRANKLIN FIVE



HAVE FUN

It's June! Be sure you schedule fun time with the people who matter most to you. Whether it's organizing a swim party, s'mores night, or camping out under the stars, be sure you plan a simple night of fun now, before the summer gets away from you.



SLEEP FOR HEALTH

With summer here, it's easy to be lax when it comes to rest. Set a goal to get at least 7-8 hours of rest each night. Your mind and body will appreciate it. In fact, inadequate rest can lead to weight gain and stress.



CELEBRATE DAD

It's easy to take Dad for granted. This Father's Day, let him know you appreciate all he does for you. Make a plan to simply spend time with Dad, enjoying your favorite things.



GET MOVING

Incorporate daily exercise with your family this summer. Make a family goal for how many miles you'll bike, walk, or run each month, or how many different sports you'll play. If you live near the mountains, find a different hike to explore each week, or plan regular trips to the swimming pool for nice cool exercise. Making exercise a part of your family's summer will keep your kids healthy and increase your energy.



OUT WITH THE OLD

Now is a great time to clean out and organize your fridge for those upcoming summer BBQs. Place a garbage can by your fridge and throw out any food that has been sitting untouched for longer than a week. You should also throw out any expired condiments to make some extra space on your fridge's shelves.

MY FOCUS FOR THIS MONTH

JUNE

FUN HOLIDAYS THIS MONTH

10 BALLPOINT PEN DAY

The ballpoint revolutionized writing. It gave us an inexpensive way to write on almost any surface, and ink that lasted longer than any pen and ink at the time. Celebrate with a new ballpoint pen from FranklinPlanner.com.



14 FLAG DAY

Our flag has been in every military conflict in our history. It deserves respect and recognition today. Learn about how to show respect in hanging and retiring a flag.



18 FATHER'S DAY

Every father leaves a legacy. Focus on the best parts of your father's legacy today, and plan ways to incorporate some of his strengths into your life.



20 FIRST DAY OF SUMMER

Got summer plans? It's going to fly by. Start making sunny memories today.

