

# → NOVEMBER



# THANKSGIVING COUNTDOWN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> <ul style="list-style-type: none"> <li>Go outside and appreciate the beauty of nature.</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>Start a gratitude/thank you journal.</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>Let your Kids pick the dinner menu.</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>Try to smile more throughout the day.</li> </ul>	<b>5 Thanksgiving Tip</b> <ul style="list-style-type: none"> <li>Prepare your Thanksgiving guest and grocery lists.</li> <li>Add Pepto Bismol to your shopping list - Try Pepto Chews and Chewable Tablets for Kids 2+.</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>Send flowers to someone you care about (maybe yourself!).</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>Spend 30 minutes exercising for YOU.</li> </ul>
<b>8</b> <ul style="list-style-type: none"> <li>Bake a healthy treat for someone who has helped you recently.</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>Engage in a random act of kindness.</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>Write a positive review of a store, restaurant, or service.</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>Take five happy pictures.</li> </ul>	<b>12 Thanksgiving Tip</b> <ul style="list-style-type: none"> <li>Decide on your final Thanksgiving Day menu, collect the recipes and shop for non-perishable goods.</li> <li>Did you buy your Pepto Bismol?</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>Order your friend's favorite food and have it delivered to them.</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>Enter a virtual run and discover friends all over the world to participate with.</li> </ul>
<b>15</b> <ul style="list-style-type: none"> <li>Put on your favorite music and cook a meal.</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>Purchase a coffee for the person behind you in line.</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>Call a family member—just because.</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>Learn a new stress-relief skill like meditating.</li> </ul>	<b>19 Thanksgiving Tip</b> <ul style="list-style-type: none"> <li>Shop for heartier vegetables (butternut squash, carrots, potatoes).</li> <li>Buy heavy cream now; it's hard to find right before Thanksgiving.</li> <li>Check to make sure you have your Pepto Bismol.</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>Write a thank you note to someone special or someone who has helped you.</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>Visit one of our amazing local parks.</li> </ul>
<b>22</b> <ul style="list-style-type: none"> <li>Go to a farmers market and support local vendors.</li> </ul>	<b>23 Thanksgiving Tip</b> <p>If you have a frozen turkey, clear a space in your fridge and put the bird in now to defrost.</p>	<b>24 Thanksgiving Tip</b> <p>Make things that can sit for two days in the fridge (soups, cranberry sauce, pre-assembled casseroles).</p>	<b>25 Thanksgiving Tip</b> <p>Last chance... get your Pepto Bismol. Your family and friends will be thankful for YOU.</p>	<b>26 Thanksgiving Tip</b> <p>Enjoy your Thanksgiving meal with the peace of mind that Pepto Bismol has you covered!</p>	<b>27</b> <ul style="list-style-type: none"> <li>Find 10 minutes of quiet time and #optoutside.</li> </ul>	
<b>28</b> <ul style="list-style-type: none"> <li>Share your favorite turkey leftover recipes with your friends.</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>Create a fun holiday playlist.</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>Enjoy the challenge of cooking a dish you've never cooked before.</li> </ul>				

Read each label. Use as directed. Keep out of reach of children.

