



February Family Activity Calendar 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Wednesday Workout	2 Groundhog Day Grind	3 Fabulous Friday Snacks	4 The Great Outdoors
5 Meal Prep with Me!	6 Move It!	7 Connect	8 Wednesday Workout	9 Roasted Winter Citrus	10 Fabulous Friday Skates	11 The Great Outdoors
12 Meal Prep with Me!	13 Move It!	14 Valentine's Day Connect	15 Wednesday Workout	16 Yogurt & Winter Citrus	17 Fabulous Friday Bowl	18 The Great Outdoors
19 Meal Prep with Me!	20 Move It!	21 Connect	22 Wednesday Workout	23 Winter Citrus Salad	24 Fabulous Friday Dance	25 The Great Outdoors
26 Meal Prep with Me!	27 Move It!	28 Connect		<i>Julia on the Edge</i>		

February Family Activity Calendar



Meal Prep Join me on Sundays to prep for the week ahead.

Move It! Strength moves to create a fun circuit workout.

Connect Research shows that connections to others are vital for mental health.

This month, strengthen your connections with others in your life. Take a moment on Tuesdays to tell someone you appreciate them or send quick text to tell someone you are thinking of them.

Wednesday Workout Join Julia for a 5 minute workout for kids and grown-ups!

Groundhog Day Workout Perfect for kids! How does the groundhog see his shadow? Fun groundhog-inspired moves to get you ready for the rest of winter.

Fabulous Friday Make Friday a party! Each week we have a fun activity to try!

The Great Outdoors Make it a priority to get outside for some winter fun.

Winter Citrus Recipes Julia has found some great recipes for you! Look for them to be posted with a video each week.

Julia on the Edge

Links to Recipes

[Roasted Winter Citrus](#)

[Greek Yogurt and Winter Citrus](#)

[Winter Citrus Salad](#)