

May 2023 Family Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5 Minute Fitness	2 Bars & Bites	3 Workout Wednesday	4 Sleepy Time	5 Family Sports Day	6 Spring Veggies
7 Spring Scavenger Hunt	8 5 Minute Fitness	9 Bars & Bites	10 Workout Wednesday	11 Sleepy Time	12 Family Sports Day	13 Spring Veggies
14 Spring Scavenger Hunt	15 5 Minute Fitness	16 Bars & Bites	17 Workout Wednesday	18 Sleepy Time	19 Family Sports Day	20 Spring Veggies
21 Spring Scavenger Hunt	22 5 Minute Fitness	23 Bars & Bites	24 Workout Wednesday	25 Sleepy Time	26 Family Sports Day	27 Spring Veggies
28 Spring Scavenger Hunt	29 5 Minute Fitness	30 Bars & Bites	31 Workout Wednesday			

The Details

Spring Scavenger Hunt Check out how the world looks in spring compared to winter. Get outside and see if you can find the items on the attached list.

5 Minute Fitness Watch for a video to be posted online with a simple fitness routine for the whole family.

Bars & Bites We're always on the lookout for new snack ideas. We've got some granola bar and protein bite ideas for you to try. Look for our new reel posted on Tuesdays with recipes.

Workout Wednesday We're trying something a little different this month. Instead of strength moves we will be doing HIIT! (High Intensity Interval Training) Look for a video to follow along!

Sleepy Time This month we're going to talk about ways to get better sleep for the whole family. Look for a new suggestion each Thursday on social media.

Family Sports Day Each Friday, find a sport your family can do together at a park, in the yard, or even at a local gym. Toss a baseball. Play Frisbee or volleyball. Maybe play tennis or basketball.

Spring Veggies There are a few vegetables starting to come into season in May. Asparagus, Radishes, Lettuce, and Spinach to name a few. Let's see what we can do with these each week!

Julia on the Edge 2023