
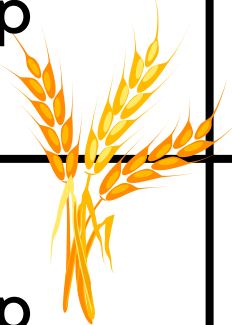






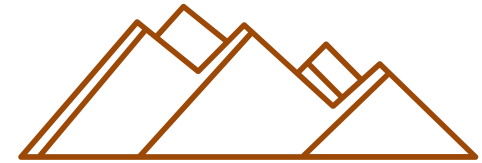


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Meal Prep	2 Monday Moves 	3 Eat at the Bar	4 5 Minute Fitness	5 National Apple Month	6 Friday Funday!	7 Fall Hike	
8 Meal Prep 	9 Indigenous Peoples Day	10 Eat at the Bar	11 5 Minute Fitness 	12 National Chili Month	13 Friday Funday!	14 Fall Hike 	
15 Meal Prep	16 Monday Moves	17 Eat at the Bar	18 5 Minute Fitness	19 National Pasta Month	20 Friday Funday!	21 Fall Hike	
22 Meal Prep	23 Monday Moves	24 Eat at the Bar	25 5 Minute Fitness	26 National Pumpkin Day 	27 Friday Funday!	28 Fall Hike	
29 Meal Prep	30 Monday Moves 	31 Halloween 					

The Details

Meal Prep Take 30 minutes on Sundays to either plan your week's meals, prep one meal ahead, chop some veggies or fruit, or go full-out and make a week's worth of lunches. Wherever you're at with meal prep, take one more step of prep to make your week easier.

Monday Moves Check Julia's social media for a quick exercise move to combine together into a circuit.

Eat at the Bar Make those Tuesday meals easier with a "bar!" Taco bar, baked potato bar, mac & cheese bar, pasta bar, pizza bar--line up toppings and options and let everyone make their own!

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

National Food Months Another way to simplify your meals for the week is to plan around the national food days and months. Apples make great snacks with cheese or peanut butter. Chili has sooo many recipes to try. Pasta--I mean who doesn't love pasta! And finally, pumpkin. Try a pumpkin soup or just bake up some slices with a little butter and nutmeg.

Friday Funday! Let's have a family fun night! Whether it's bundling up for those late season high school football games, a cozy game night, or going roller skating or taking a fun night hike, spend time together with your family.

Fall Hike Find a trail near you and check out the changes in the trees, grasses, and animals compared to those places in summer. Go on a nature scavenger hunt! Take some healthy snacks! Enjoy the cool weather!

Julia on the Edge 2023