

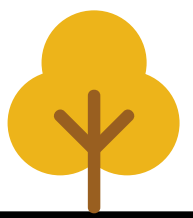






Julia on the Edge November Family Activity Calendar

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 5 Minute Fitness	2 Thankful Thursday	3 One HIIT Wonder	4 Family Hike-- Lake or Pond
5 Meal Prep	6 National Nachos Day	7 Kids' Choice!	8 5 Minute Fitness	9 Thankful Thursday	10 One HIIT Wonder	11 Veterans Day Hike the Hills
12 Meal Prep	13 World Kindness Day	14 Kids' Choice!	15 5 Minute Fitness	16 Thankful Thursday	17 One HIIT Wonder	18 Family Hike-- Counting Dogs
19 Meal Prep	20 Intl. Hug a Runner Day	21 Kids' Choice!	22 5 Minute Fitness	23 Thanksgiving 	24 One HIIT Wonder	25 Scavenger Hunt Hike 
26 Meal Prep	27 National Pepper Month	28 Kids' Choice!	29 5 Minute Fitness	30 Thankful Thursday		

The Details

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

Thankful Thursday Everyone focuses a little more on gratitude during November. Remembering and really spending time thinking about what we are thankful for can improve mindset and mood.

One HIIT Wonder This is our monthly circuit-building! Check the social media each week for a new HIIT move!

Fall Hike We are keeping with the hikes this month! Each week has a different focus--water, hills, counting dogs, and a scavenger hunt. Check out this [site](#) for great scavenger hunt lists!

Meal Prep Let's expand on what we started last month. Block off 30 minutes to plan and/or prep meals for the next week. Get this kids involved in choosing meals and helping prep their lunches and snacks.

National Days These are some of Julia's favorites! National Nachos Day--offer lots of veggies and proteins and let everyone make their own. World Kindness Day--show someone a little extra kindness today. International Hug a Runner Day--just because runners love all the sweaty hugs! National Pepper Month--do a taste-test with different kinds of peppers.

Kid's Choice! This can be whatever you want it to be--the kids chose the meal, family activity, special snack. Get them involved in the planning and preparation for whatever they pick.

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