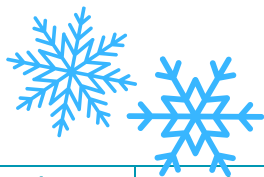


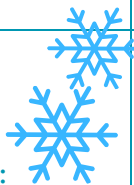
Challenge Your Edge!



January 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7 Plank: Push-up: Wall Sit: Outside:	8 Plank: Push-up: Wall Sit: Outside:	9 Plank: Push-up: Wall Sit: Outside:	10 Plank: Push-up: Wall Sit: Outside:	11 Plank: Push-up: Wall Sit: Outside:	12 Plank: Push-up: Wall Sit: Outside:	13 Plank: Push-up: Wall Sit: Outside:
14 Plank: Push-up: Wall Sit: Outside:	15 Plank: Push-up: Wall Sit: Outside:	16 Plank: Push-up: Wall Sit: Outside:	17 Plank: Push-up: Wall Sit: Outside:	18 Plank: Push-up: Wall Sit: Outside:	19 Plank: Push-up: Wall Sit: Outside:	20 Plank: Push-up: Wall Sit: Outside:
21 Plank: Push-up: Wall Sit: Outside:	22 Plank: Push-up: Wall Sit: Outside:	23 Plank: Push-up: Wall Sit: Outside:	24 Plank: Push-up: Wall Sit: Outside:	25 Plank: Push-up: Wall Sit: Outside:	26 Plank: Push-up: Wall Sit: Outside:	27 Plank: Push-up: Wall Sit: Outside:
28 Plank: Push-up: Wall Sit: Outside:	29 Plank: Push-up: Wall Sit: Outside:	30 Plank: Push-up: Wall Sit: Outside:	31 Plank: Push-up: Wall Sit: Outside:		Julia on the Edge 	



The Details

This month we are changing things up with a challenge for each person in your family. We are going to push ourselves to do more every day. Why? Because we are never going to improve our fitness or health if we only stay where we are comfortable. I want to see you push yourself to do 1% better every day and expand your idea of what is possible.

We have 3 strength and endurance moves and an outside challenge. Each day will hold these positions for just a couple of seconds longer than the day before. We will also try to get outside for a couple minutes more than the day before. What can you accomplish this month? How far can you expand your Edge?

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- Step 1: Print out a calendar for each member of the family participating in the challenge.
 - Step 2: On the first day of the challenge, perform each move for 5 seconds or as long as you can up to 30 seconds. Write down how many seconds you did each move.
 - Step 3: Each day, try to add 5 more seconds to the time that you do the move. Write down your time each day.
 - Step 4: The second part of the challenge involves spending time outdoors--going for a walk, playing outside, shoveling snow, or even just throwing a toy with your dog. If you haven't been going outside much lately, start with going out for 5 minutes. Try to add on a couple of minutes each day. Write down how much time you spend outside every day.

Ways to stay accountable:

- Write down your time on this calendar.
- Post in the Julia on the Edge Facebook group.
- Tell a friend or family member about the challenge and do it together.