



Challenge Your Edge!

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Julia on the Edge</i></p> 				<p>1</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>	<p>2 Groundhog Day</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>	<p>3</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>
<p>4</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>	<p>5</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>	<p>6</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>	<p>7</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>	<p>8</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>	<p>9</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>	<p>10</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>
<p>11</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>	<p>12</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>	<p>13</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>	<p>14 Valentine's Day</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>	<p>15</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>	<p>16</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>	<p>17</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>
<p>18</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>	<p>19</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>	<p>20</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>	<p>21</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>	<p>22</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>	<p>23</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>	<p>24</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>
<p>25</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>	<p>26</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>	<p>27</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>	<p>28</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>	<p>29</p> <p>Affirmation: Fruit/Veggie: Plank: Outside:</p>		



The Details

We are continuing our theme of Challenging ourselves to better today than we did yesterday. Instead of all strength moves, we are adding in fruits and veggies since February is American Heart Month. Research has shown that including 5 servings of fruits and veggies each day can have great benefits for your heart and overall health. Our other new addition is Affirmations. I want you to challenge yourself to say something positive to yourself every day. It doesn't have to be huge and mushy--just a simple "You got the dishes done today. Good job!" Of course it can be more inspiring if you like! We will be posting some great affirmations and inspiration on our social media throughout the month.

We are keeping the plank because I think that planks are just a great full-body strength move. We are also keeping outside time because getting outdoors is so crucial for mental health.

- 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, write down how many seconds you hold your plank for. You can also write down how many fruits and veggies you ate and how much time you spent outside. Check off Affirmations if you made a positive statement to yourself today.
- Step 3: Each day, try to add 5 more seconds to the time that you hold your plank. Write down your time each day. Try to add in 1 more fruit or veggie each day or each week until you get to 5 total servings. You can also try to increase your outside time by a few minutes each day.

Ways to stay accountable:

- Keep track of your progress 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.

