

Challenge Your Edge!



April 2024

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1 30 min PA: Outside:	2 30 min PA: Outside:	3 30 min PA: Outside:	4 30 min PA: Outside:	5 30 min PA: Outside:	6 30 min PA: Outside:
7 30 min PA: Outside:	8 30 min PA: Outside:	9 30 min PA: Outside:	10 30 min PA: Outside:	11 30 min PA: Outside:	12 30 min PA: Outside:	13 30 min PA: Outside:
14 30 min PA: Outside:	15 30 min PA: Outside:	16 30 min PA: Outside:	17 30 min PA: Outside:	18 30 min PA: Outside:	19 30 min PA: Outside:	20 30 min PA: Outside:
21 30 min PA: Outside:	22 30 min PA: Outside:	23 30 min PA: Outside:	24 30 min PA: Outside:	25 30 min PA: Outside:	26 30 min PA: Outside:	27 30 min PA: Outside:
28 30 min PA: Outside:	29 30 min PA: Outside:	30 30 min PA: Outside:		A graphic with the text 'MAKE IT HAPPEN' in a bold, teal, sans-serif font. Above and below the text are three red exclamation points.		<i>Julia on the Edge</i> A logo consisting of three stylized mountain peaks in teal.

The Details

It's back to the basics for April. What I'm asking from you, and myself, is simple and at the same time requires a great deal of dedication and focus. Everyday do 30 minutes of physical activity and get outside. Even 5 minutes outside is better than none. If you can't get in 30 minutes of physical activity, get in whatever you can. You can do your activity outside or just sit in the sun with a book. There is no wrong way to do it.

When you are tired, busy, unmotivated--let your dedication and consistency push you. There is a saying that you won't always be motivated so you must learn to always be disciplined. So while we think we are working on our physical strength and endurance, we are really working on our mental strength and endurance.

Let's crush this month's challenge and prove to ourselves how strong we are!

THINK IT,
WANT IT,
GET IT

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.

