




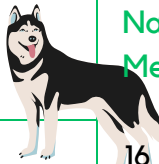




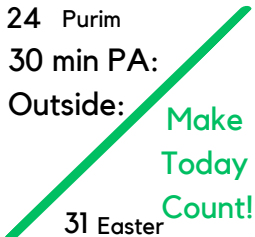



# Challenge Your Edge!

# March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>Julia on the Edge</i> 			1 30 min PA: Outside: <b>Make Today Count!</b>	2 30 min PA: Outside: <b>Iditarod Challenge</b>
3 30 min PA: Outside: <b>Finisher's Medal Day</b> 	4 30 min PA: Outside: <b>National Snack Day</b>	5 30 min PA: Outside: <b>Iditarod Challenge</b>	6 30 min PA: Outside: <b>Make Today Count!</b> 	7 30 min PA: Outside: <b>National Cereal Day</b>	8 30 min PA: Outside: <b>Iditarod Challenge</b> 	9 30 min PA: Outside: <b>National Meatball Day</b>
10 30 min PA: Outside: <b>Daylight Saving Starts</b> 	11 Ramadan Begins 30 min PA: Outside: <b>Iditarod Challenge</b>	12 30 min PA: Outside: <b>Make Today Count!</b>	13 30 min PA: Outside: <b>Planks and Pushups</b>	14 30 min PA: Outside: <b>Iditarod Challenge</b>	15 30 min PA: Outside: <b>New Veggie Today</b>	16 30 min PA: Outside: <b>Outdoor Games</b>
17 30 min PA: Outside: <b>Iditarod Challenge</b> 	18 30 min PA: Outside: <b>National Ag Week</b>	 19 30 min PA: Outside: <b>SPRING BEGINS!</b>	20 30 min PA: Outside: <b>Summer Camp Reveal!</b>	21 30 min PA: Outside: <b>Planks and Pushups</b> 	22 30 min PA: Outside: <b>Make Today Count!</b>	23 30 min PA: Outside: <b>Chips &amp; Dip Day</b>
24 Purim 30 min PA: Outside: <b>Make Today Count!</b>  31 Easter	25 30 min PA: Outside: <b>Planks and Pushups</b>	26 30 min PA: Outside: <b>New Fruit Today</b>	27 30 min PA: Outside: <b>Take a Walk With A Friend</b>	28 30 min PA: Outside: <b>Challenge List for April</b>	29 30 min PA: Outside: <b>Planks and Pushups</b>	30 30 min PA: Outside: <b>Find a New Park or Trail</b> 

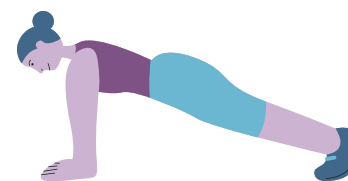
# The Details

We are mixing things up in March with our Challenge Calendar! We have some activities that repeat during the month, some National Days, and a few other fun things thrown in. Some of our activities will be revealed on social media closer to the day we will do them. There are two things that are staying the same everyday: getting in 30 minutes of physical activity and getting in some outside time. Print off a calendar to keep track of your progress.

To kick off the month, we are Making Today Count! You will find these days scattered throughout the month. This is a day to make sure that you are doing something that will have a positive impact on you or someone else. Maybe it's eating some healthy foods, taking your dog for a walk, or helping a friend with homework. It's your choice as to how you will infuse something positive into your day.

The Iditarod is a 16-day sled dog race in Alaska. We will be learning more about this race, keeping track of the racers, and having a challenge of our own. Watch social media for more info!

Planks and Pushups is also a repeating day. On this day, try a 1-minute plank and as many pushups as you can do with GOOD FORM!



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.

