

Challenge Your Edge!



June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Julia on the Edge</i></p> 						<p>1</p> <p>30 min PA: Outside: CA: Family Hike</p>
<p>2</p> <p>30 min PA: Outside:</p> 	<p>3</p> <p>30 min PA: Outside:</p>	<p>4</p> <p>30 min PA: Outside: National Cheese Day</p>	<p>5</p> <p>30 min PA: Outside: CA: Run/walk 1 mile</p>	<p>6</p> <p>30 min PA: Outside:</p>	<p>7</p> <p>30 min PA: Outside:</p>	<p>8</p> <p>30 min PA: Outside:</p>
<p>9</p> <p>30 min PA: Outside: CA: 5 pushups & 5 wall sits</p>	<p>10 Challenge Camp Week</p> <p>30 min PA: Outside:</p>	<p>11</p> <p>30 min PA: Outside:</p> 	<p>12</p> <p>30 min PA: Outside:</p>	<p>13</p> <p>30 min PA: Outside: CA: Do a cartwheel</p>	<p>14</p> <p>30 min PA: Outside:</p>	<p>15</p> <p>30 min PA: Outside:</p>
<p>16</p> <p>30 min PA: Outside:</p>	<p>17</p> <p>30 min PA: Outside: CA: Playground Obstacle Course</p>	<p>18 Camp Extravaganza</p> <p>30 min PA: Outside: National Picnic Day</p>	<p>19</p> <p>30 min PA: Outside:</p>	<p>20</p> <p>30 min PA: Outside:</p> 	<p>21</p> <p>30 min PA: Outside: CA: Take your dog for a walk</p>	<p>22</p> <p>30 min PA: Outside:</p>
<p>23</p> <p>30 min PA: Outside: 30</p> <p>30 min PA: Outside:</p> 	<p>24 Farm Adventures Camp</p> <p>30 min PA: Outside:</p>	<p>25</p> <p>30 min PA: Outside: CA: 10 pushups & 10 wall sits</p>	<p>26</p> <p>30 min PA: Outside: National Canoe Day</p>	<p>27</p> <p>30 min PA: Outside:</p>	<p>28</p> <p>30 min PA: Outside:</p> 	<p>29</p> <p>30 min PA: Outside: CA: Family Water Activity</p>

The Details

We are keeping our main physical activity and outside challenges this month and adding a couple of fun family challenges! Look for the "CA" on the calendar every 3 days and take on the challenge with your family. Post photos of your activities to our Facebook page so we can all join in the fun! We've also included some camp reminders as well as some fun national days to give you more options of summer fun.

Summer is a great time to try some new things and push ourselves to do more. Have you tried canoeing? How about rock wall climbing? Maybe the challenge is just trying a new vegetable. Whatever you choose, keep pushing yourself and Challenge Your Edge!



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.

