



Challenge Your Edge!



May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 30 min PA: Outside:	2 30 min PA: Outside:	3 30 min PA: Outside:	4 30 min PA: Outside:
5 <i>The Sparkle Run!</i> 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 Mother's Day 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 Memorial Day 30 min PA: Outside:	28 30 min PA: Outside:	29 30 min PA: Outside:	30 30 min PA: Outside:	31 30 min PA: Outside:	Julia on the Edge 



The Details

We're sticking with what works in May. 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.

