

Challenge Your Edge!



July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 30 min PA: Outside:  Canada Day	2 30 min PA: Outside: OAOTD-Cycle	3 30 min PA: Outside: OAOTD-Basketball	4 30 min PA: Outside: Independence Day 	5 30 min PA: Outside: OAOTD-Swimming	6 30 min PA: Outside: OAOTD-Diving
7 30 min PA: Outside: OAOTD-Weight Lifting	8 30 min PA: Outside:  OAOTD-Rowing	9 30 min PA: Outside: OAOTD-Track	10 30 min PA: Outside: OAOTD-Volleyball 	11 30 min PA: Outside: OAOTD-Archery	12 30 min PA: Outside: OAOTD-Baseball	13 30 min PA: Outside: OAOTD-Equestrian
14 30 min PA: Outside: OAOTD-Golf 	15 30 min PA: Outside: OAOTD-Gymnastics	16 30 min PA: Outside: OAOTD-Rock Climbing	17 30 min PA: Outside: OAOTD-Tennis	18 30 min PA: Outside: OAOTD-Water Polo 	19 30 min PA: Outside: OAOTD-Sailing	20 30 min PA: Outside: OAOTD-Soccer
21 30 min PA: Outside: OAOTD-Softball	22 30 min PA: Outside: OAOTD-Synchronized Swimming	23 30 min PA: Outside: OAOTD-Boxing	24 30 min PA: Outside: OAOTD-Fencing	25 30 min PA: Outside: OAOTD-Judo	26 30 min PA: Outside: First Day of the Summer Olympics	27 30 min PA: Outside: OAOTD-Triathlon
28 30 min PA: Outside: OAOTD-Badminton	29 30 min PA: Outside:  OAOTD-Surfing	30 30 min PA: Outside: OAOTD-Wrestling	31 30 min PA: Outside: OAOTD-Pentathlon		Julia on the Edge 	

The Details

This month one of my favorite events of all time will begin--The Summer Olympics. The work that these athletes put in to get where they are is inspiring, admirable, and astounding. It takes not only a unique talent but an intense drive and a strong mind to put in the work that it takes and to make the sacrifices needed to achieve the heights that these athletes reach.

This month keep up with your daily 30 minutes of physical activity and daily outdoor time. Each day I have also included an OAOTD--Olympic Activity of the Day. Take a few minutes each day to learn about this sport at a minimum. If you have more time, try it out. Find a climbing wall. Go horseback riding. Take a run. Go for a swim. And on July 26, turn on NBC and watch the Opening Ceremonies. It is breathtaking. And it is the only time that I highly encourage sitting on the couch and watching TV!



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.

