

Challenge Your Edge!

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 30 min PA: Outside:	2 Rosh Hashanah Begins 30 min PA: Outside:	3 30 min PA: Outside:	4 30 min PA: Outside: National Taco Day	5 30 min PA: Outside:
6 30 min PA: Outside:	7 30 min PA: Outside:	8 30 min PA: Outside: National Pierogi Day	9 30 min PA: Outside: 	10 30 min PA: Outside:	11 30 min PA: Outside: World Egg Day	12 Yom Kippur 30 min PA: Outside:
13 30 min PA: Outside:	14 30 min PA: Outside: National Native American Day	15 30 min PA: Outside:	16 30 min PA: Outside:	17 30 min PA: Outside: National Pasta Day	18 30 min PA: Outside: 	19 30 min PA: Outside:
20 30 min PA: Outside:	21 30 min PA: Outside: Back to the Future Day	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: National Pumpkin Day
27 30 min PA: Outside:	28 30 min PA: Outside:	29 30 min PA: Outside:	30 30 min PA: Outside:	31 Halloween 30 min PA: Outside: 		Julia on the Edge 



The Details

We are into the last quarter of the year. How are you doing on your challenges? This month I will be sharing my progress over the past year and how I hope to do with my outside time and physical activity for the rest of 2024. We are also going to be trying some fall recipes and having fun with some different awareness/celebration days.

October means harvest in the Midwest is in full swing. Please be looking out for combines, tractors, trucks, and other large equipment on the roads. Harvest was always such a busy time of year for my family when I was growing up. It meant fun rides in the combine and late nights for farmers trying to get a crop in before a rain or even snow. It meant “meals to the field” and warm, sunny fall days. I will always have a nostalgia for that time during these fall months.

Be watching our social media for recipes, ideas, and some fun fall challenges!

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.

