


# Family Adventure Calendar

## January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><i>Julia on the Edge</i></p> 		<p>1 Happy New Year!</p>	<p>2 Neighborhood Exploration-Snow</p> <p>30 min PA: Outside:</p>	<p>3</p> <p>30 min PA: Outside:</p>	<p>4 Time for Snow!</p> <p>30 min PA: Outside:</p>
<p>5 Outdoor Yoga</p> <p>30 min PA: Outside:</p>	<p>6 Walk With Me</p> <p>30 min PA: Outside:</p>	<p>7</p> <p>30 min PA: Outside:</p>	<p>8 Strength Work-OUT</p> <p>30 min PA: Outside:</p>	<p>9</p> <p>30 min PA: Outside:</p>	<p>10 Family Fun Night</p> <p>30 min PA: Outside:</p>	<p>11 Winter Hike</p> <p>30 min PA: Outside:</p>
<p>12 Outdoor Yoga</p> <p>30 min PA: Outside:</p>	<p>13 Walk With Me</p> <p>30 min PA: Outside:</p>	<p>14</p> <p>30 min PA: Outside:</p>	<p>15 Strength Work-OUT</p> <p>30 min PA: Outside:</p>	<p>16</p> <p>30 min PA: Outside:</p>	<p>17</p> <p>30 min PA: Outside:</p>	<p>18 Winter Night Hike</p> <p>30 min PA: Outside:</p>
<p>19 Outdoor Yoga</p> <p>30 min PA: Outside:</p>	<p>20 MLK Jr. Day</p> <p>Walk With Me</p> <p>30 min PA: Outside:</p>	<p>21 Squirrel Appreciation Day</p> <p>30 min PA: Outside:</p>	<p>22 Strength Work-OUT FB Live: Winter Gear</p> <p>30 min PA: Outside:</p>	<p>23</p> <p>30 min PA: Outside:</p>	<p>24</p> <p>30 min PA: Outside:</p>	<p>25 TSN-Snowshoeing</p> <p>30 min PA: Outside:</p>
<p>26 Outdoor Yoga</p> <p>30 min PA: Outside:</p>	<p>27 Walk With Me</p> <p>30 min PA: Outside:</p>	<p>28</p> <p>30 min PA: Outside:</p>	<p>29 Strength Work-OUT</p> <p>30 min PA: Outside:</p>	<p>30</p> <p>30 min PA: Outside:</p>	<p>31 Last Day, Best Day!</p> <p>30 min PA: Outside:</p>	

# The Details

Welcome to our **Family Adventure Calendar 2025!** We are re-defining the word “Adventure” and looking for small adventures every day. We are bringing back some weekly activities and I will be making some videos that you can follow along with for the **yoga and strength**. On our **Walk With Me** days I will be going live on Facebook while I take an outdoor walk. Days labeled **TSN** are **Try Something New days** with an activity you may not have done before as a suggestion to try. Depending on the weather and my schedule, I am going to \*try\* to have some group events on those days. Any events will be posted on social media.

I really enjoyed the Challenge Calendars of the past year and am keeping our **30 minutes of physical activity goal** as well as **tracking our outside time**. (I am really trying to make 2025 the year I get closer to 1000 hours outside!) Being able to look back and see my workouts, milage on runs, and time outside provided a lot of perspective about how I spend my time and where I can improve.

While we may not get to go on **Big Adventures** every month, we can find **mini-adventures** everyday if we decide to look for them!

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.

