



THE EXCELLENT ADVENTURES GUIDE: 2026 THEMED MONTHS

No Junk January

We're focusing on mindful eating and no junk food to start the year strong.

Fit in February

We're achieving a new fitness goal while staying consistent in our workouts.

March Mastery

It's time to master something new - big or small.

Activate April

We're getting out of our heads and into action.

May Mayhem

We're getting crazy and doing something new and outside our comfort zones.

June Junk

We're decluttering something that's become junky so we can make space for what matters.

Just Do It July

We're focusing on action to tackle something we've been putting off.

August Augmentation

We're adding small upgrades to our routines, skills, or spaces to make life a little better.

September Stretch

We're pushing ourselves to do something that is a little uncomfortable and a lot rewarding.

Booty-full October

We're building strength and confidence in our beautiful bodies, and shaking our booties, too!

Knitting November

We're learning to knit and creating thoughtful gifts for those we love.

Dig-In December

We are leaning in and doing the work to close the year strong.