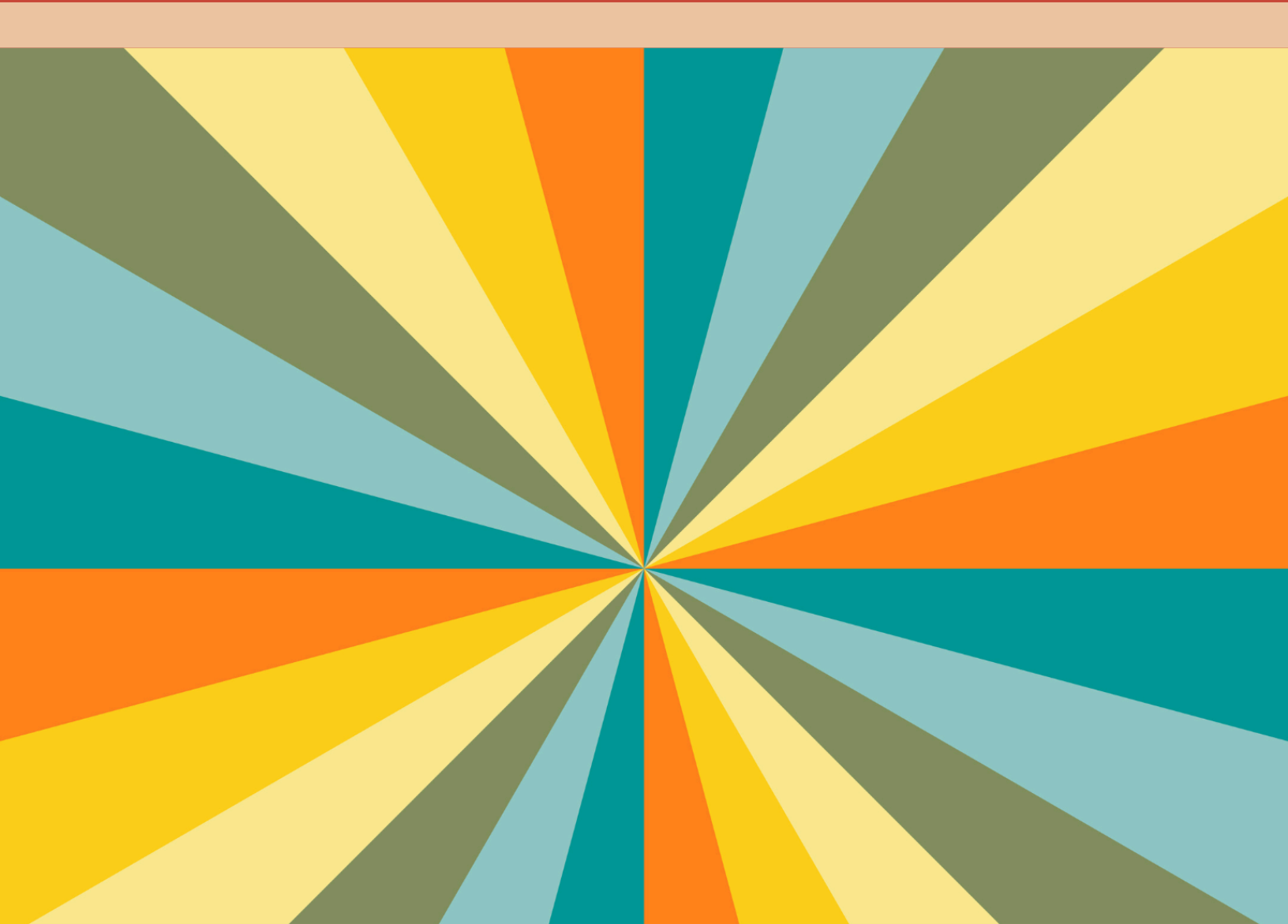


Not Your Parents' Retirement

Hobby Tracker

Try 10 in 30 Days

The Retirement Hobby Adventure Challenge



Welcome to the Try 10 in 30 Days Hobby Challenge!

Retirement is your time to explore what lights you up—on your terms, at your pace. Whether you're craving creativity, connection, movement, or mindful moments, this challenge is designed to help you rediscover the little things that make life feel joyful and meaningful.

Inside this challenge board, you'll find 15 simple, low-cost hobby prompts that can be done from home or in your community. Choose any 10 to complete over the next 30 days—and let the fun unfold!

This isn't about perfection or productivity. It's about **play**. It's about saying yes to curiosity, and no to routine that leaves you feeling flat. Every checked box is a small win, a moment reclaimed, a step toward the kind of retirement that feels truly yours.

So grab a pen, pick a few ideas that spark your interest, and let's go!

You've earned this chapter—make it the most joyful one yet.



Jennifer Edwards

Creator of *Not Your Parents' Retirement*

Your Personal Goal for This Challenge

Before you begin, take a moment to reflect. What do you hope to gain from this experience?

Prompt:

What would bring more joy, energy, or purpose to your days right now?

Are there any hobbies you've always wanted to try—or return to?

What would a successful 30 days look and feel like to you?

 *Write your goal here:*

💡 Hobby Challenge Task	✅ Completed
Start a small indoor plant or herb garden	<input type="checkbox"/>
Take a walk in a new park or nature trail	<input type="checkbox"/>
Write a short poem, letter, or memory	<input type="checkbox"/>
Try a free online class or tutorial	<input type="checkbox"/>
Paint or draw something—no experience needed!	<input type="checkbox"/>
Cook a new recipe using 5 ingredients or less	<input type="checkbox"/>
Join a free local event (library, senior center)	<input type="checkbox"/>
Solve a puzzle or play a board game	<input type="checkbox"/>
Listen to music and sing or dance for 10 minutes	<input type="checkbox"/>
Read a book or article on a hobby you're curious about	<input type="checkbox"/>
Visit a museum (virtually or in person)	<input type="checkbox"/>
Practice 10 minutes of gentle stretching or yoga	<input type="checkbox"/>
Watch a free language learning video or app session	<input type="checkbox"/>
Declutter or repurpose one item in your home	<input type="checkbox"/>
Invite someone to do a hobby with you	<input type="checkbox"/>