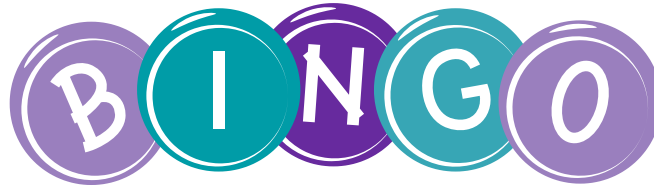


JILL'S 2026



Jill hikes 4 more 4000 footers in New Hampshire	Create 2 series for podcast in 2026	Record episode with Neeley, Shannon, and Katie	Practice a new self-care method for myself	Janine and Jill attend the annual Strength Happens Conference
Mail a random surprise to your co-host	Interview 3 people on the podcast	An article is written about the podcast	Hike one mountain outside New England	Share our podcast with someone new 10 days in a row
26 Podcast episodes in 2026	Post a Strength Happens social that hit 500 views		Janine and/or Jill do a tik tok dance together	Jill curses on a podcast episode
Fill and donate 100 Sparkle Bags	Podcast airs in 20 countries		Participate in a podcast collab	Speak to group of pre-medical professionals on HGF
Post a blog that is read by at least 100 people	Create resources for families with children in the hospital	Write/Develop children's book or activity	Jill cries on a podcast episode.	Janine and Jill hike together