

Roller Coaster Recap: August

Description

Hey guys, welcome to Monday! Or should it be Muuunnnnddaaaaaayyy? Whatever your feelings towards the beginning of the week, itâ€™s the last day of August and boy has it been a wild ride!

Much like a roller coaster (hence the post title), weâ€™ve had plenty of highs and lows in August. Inspired by Tina from [Carrots N Cake](#) (she has a handsome [15 month old boy](#) and talks everything from [food](#) and [fitness](#)), who Iâ€™ve been following since the days of my healthy food blog, [Just Add Cayenne](#), I thought Iâ€™d do a recap of August by sharing our highs and lows of the month.

I just need to make sure, like her, we end on a high note! Lets get to it, shall we?

High â€“ Meeting with my mom and little brother for a wonderful [brunch at Brewed](#).



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Low – Avery getting the weightlifting belt wrapped around her trike and herself and becoming a little frustrated.



High – Figuring out how to get unstuck on the trike and keep the belt –œon–œ.



High – Avery™s first time to fly as we went to Colorado our [first family vacation!](#)



Low – The major change in routine coupled with lack of food and sleep made for a crazy first night. We support co-sleeping, but not under these conditions.



High – An anniversary surprise for my wife at the [Vail Farmersâ€™ Market](#) that almost went Awry, but turned out perfectly!



Low – Eating at [Sweet Basil](#) in Vail and all of us receiving very poor service. We had to resort to feeding Avery a watermelon and red onion salad that we made!



High “ Nana and Papa obviously have good taste by keeping several jars of [NuttZo](#) in stock. Avery may or may not of finished one jar by herself while we were there. Thanks, Steve and Kathy!



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High (literally and figuratively since we were in the mountains!) â€™ [Hiking with my wife](#) on beautiful Colorado trails.



Low â€™ Climbing a tree on the trail and sliding on the trunk to get down. Lots of belly and leg scratches followed.



High â€“ [Kayaking with Kelley](#) in Frisco, Co.



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High – I could make a whole post with the Highs from our trip, but I’ll wrap it up and say it was just great spending time with family and getting out in the fresh mountain air.



Low – The [flight back from our family vacation](#) was right during Avery’s bedtime. That, plus another day of not eating much or napping meant for a long, long trip home.

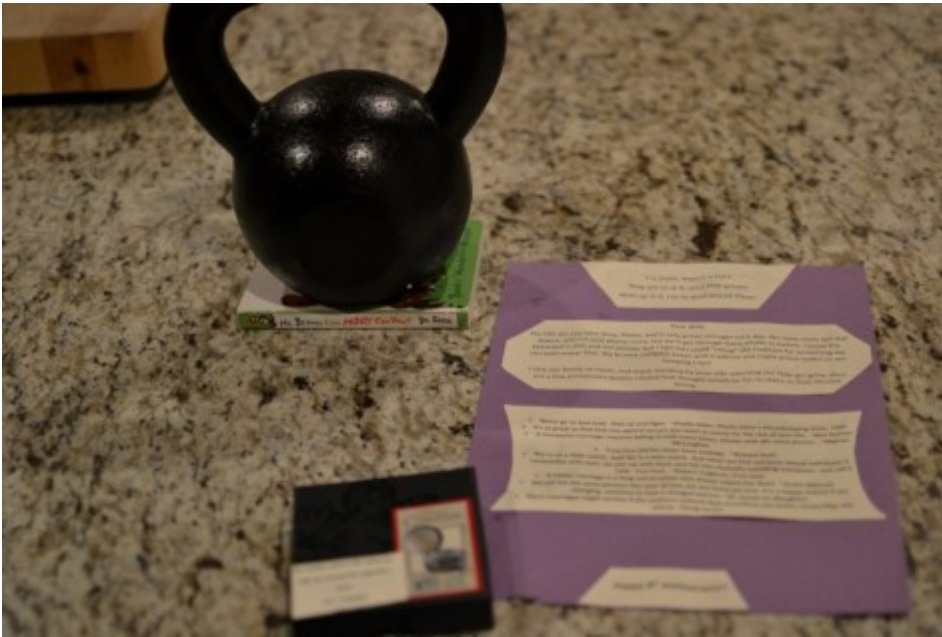


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High â€œ Our official [8th wedding anniversary](#) with my awesome bronze compass, handwritten card, and kettlebell gifts! Good-bye, 7 year itch!



Low – Going Mom and to go away for work all week leaving Avery and Daddy feeling quite lonely. We had to take selfies to try and keep happy.



High – Avery’s first time to ride in the cart when grocery shopping was a big hit. Since Mommy wasn’t there, she picked the BarkThins for her when she got back.



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Low – Not telling Daddy she pooped when obviously–!



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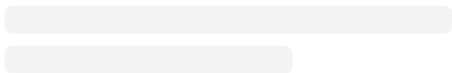
High – Climbing on the playground equipment and going down the slide all by herself. It’s bittersweet, but so fun to watch.

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Low – I brought her to our friend’s/neighbor’s house to jump on the trampoline, but she was scared to move. Hopefully she’ll do better next time.



High – Playing with our friend’s dog.



High – Mommy came back home and all order was restored! Avery was obviously happy.



Hope you enjoyed going through some of the highs and lows of our August. Now it's your turn, share a High, Low, and High point from your month if you'd like in the comments section below.

Have a great week!

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