

DEAM ADVANCED

DROP EVERYTHING AND MOVE

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<i>Mindful Monday</i>	<i>Two-for Tuesday</i>	<i>Wellness Wednesday</i>	<i>Thirsty Thursday</i>	<i>Flexibility Friday</i>	<i>Skill Scan Saturday</i>	<i>Super Sunday</i>
Practice mindfulness by following this guided meditation .	Do as many push-ups OR sit-ups as you can without stopping. Try to beat your score each week.	Include 2 food groups in a healthy snack. Use this link for inspiration.	Perform seal jacks for one minute.	Follow along with this 10-minute yoga routine .	Toss a bean bag or sock-ball and catch behind your back. How many catches can you make in one minute?	Participate in a physical activity of your choice (even if it is just taking a walk).

Directions

For each the above activities described that you complete, add your initials on the calendar to the right.

This month's motivational message

The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals.

Melody Beattie

February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						