

# 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>
<b>Mindful Monday</b>	<b>Two-for Tuesday</b>	<b>Wellness Wednesday</b>	<b>Thirsty Thursday</b>	<b>Flexibility Friday</b>	<b>Skill Scan Saturday</b>	<b>Super Sunday</b>
<a href="#">Journaling</a> is a great way to express yourself. Spend 10 minutes to write what is on your mind.	Do as many jumping lunges OR squats as you can without stopping. Try to beat your score each week.	Go the entire day drinking only water (no soda or other sweetened drinks).	Challenge yourself with this <a href="#">core strength</a> workout.	Complete this <a href="#">stretch routine</a> .	Juggle a soccer ball as many times as you can. Use this <a href="#">link</a> to make a hoodie ball.	Do anything to be active. Your choice!

### Directions

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

### This month's motivational message

*"In the middle of every difficulty lies opportunity."*

- Albert Einstein

## March 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	29	30	31			