

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>
Find a quiet place and close your eyes. Spend a few moments to super-focus your other senses.	Choose either of these workouts: “ Sparks will Fly ” OR “ Ice Age ”	Count the grams of sugar you eat snacking today. Perform 1 burpee for each gram of sugar you eat.	Do 100 curl-ups throughout the day. You choose how many reps that you want to do for each set.	Find your inner warrior with this routine (LINK).	Using a small ball or paper ball try these Spikeball skill challenges .	Do anything to be active today. It is 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

“Do the best you can. No one can do more than that.”

- John Wooden

May 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					