

# 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>
Try one of these guided meditations ( <a href="#">LINK</a> ).	Choose <u>either</u> : <ul style="list-style-type: none"> <li>➤ 30 Burpees</li> <li>➤ 20 push-ups &amp; 20 sit-ups</li> </ul>	Complete this <a href="#">activity</a> to build a balanced meal. Here is <a href="#">video</a> to explain. Celebrate by doing 23 plank jacks.	Do 100 lunges throughout the day. You choose how many reps that you want to do for each set.	Give this “Yoga for Teens” video your best effort ( <a href="#">LINK</a> ).	Try Juggling! Watch this <a href="#">video</a> for some tips.	Do anything to be active today. You can choose what you want to do!

## Directions

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

## This month's motivational message

*“Don't worry when you are not recognized, but strive to be worthy of recognition.”*

- Abraham Lincoln

## JUNE 2021

SUN	MON	TUE	WED	THU	FRI	SAT
		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			