

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>
Express gratitude. Write a letter to someone and let them know why you appreciate him/her.	Choose either 50 jumping jacks or 25 jumping lunges.	Track your sodium intake throughout the day. If you stay under 2,300 mg, celebrate. If you go over, do 5 burpees.	Do 100 push-ups throughout the day. You choose how many reps that you want to do for each set.	Practice your downward facing dog with this routine (LINK).	Practice any skill in the sport of your choice.	Complete the "Unstoppable" workout (LINK).

Directions

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

This month's motivational message

"It takes courage to grow up and become who you really are."
--E. E. Cummings

October 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						