

# 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>
Do 15 (or more) minutes of yoga. Check out this <a href="#">LINK</a> for some online routines.	Choose either to hold a plank OR a wall-sit for as long as possible.	Challenge yourself to try a new healthy food this week.	Do 100 squats throughout the day. You choose how many reps that you want to do for each set.	Dynamic stretching is often considered the best way to warm-up before participating in activity. Try <a href="#">THIS</a> .	Give this <a href="#">Darebee Workout</a> a go!	Get outside and take a walk (or jog).

### 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's not whether you get knocked down, it's whether you get back up."*

–Vince Lombardi

november <small>2021</small>						
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				