Drop Everything & Move Calendar

DROP EVERYTHING AND MOVE

March 2027

fresh MOVES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 **25** Lunges	2 **50** Air Punches	3 Spin the Wheel!	4 Frozen Yoga	5 Practice Tree Pose on each leg	6
7	8 Learn & Practice Forward Bend	9 Choose a Fit4Kids March Brain Booster	10 60 Seconds of Duck Walks	11 2-Minutes of Bicycle Crunches	12 	13
14	15 **50** Crab Kicks	16 Stationary Stretch Brain Break	17 **25** One Foot Hops on each foot	18 St. Patrick's Day Would you Rather	19 Do 15 Inchworms	20
21	22 St. Patrick's Day Freeze Dance	23 Complete Chair Triathalon	24 Choose a Fit4Kids March Brain Booster	25 Spring Break Would you Rather Game	26 Choose a Fit4Kids' Spring Break Moves activity	27
28	29 	30 	31 			