



## Drop Everything & Move Calendar

# DROP EVERYTHING AND MOVE

## February 2026



| SUNDAY                                                                                                                       | MONDAY                                                                                    | TUESDAY                                                                | WEDNESDAY                                                                               | THURSDAY                                                   | FRIDAY                                                                                | SATURDAY |
|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------|---------------------------------------------------------------------------------------|----------|
| VISIT FRESH'S WEBSITE FOR MORE <a href="#">CALMING</a> & <a href="#">REFOCUSING</a> & <a href="#">BRAIN BOOST</a> ACTIVITIES |                                                                                           |                                                                        |                                                                                         |                                                            |                                                                                       |          |
| 1                                                                                                                            | 2<br>60 Seconds of <a href="#">Gorilla Walks</a>                                          | 3<br>Choose an Activity from Fit4Kids' <a href="#">Wellness Bingo</a>  | 4<br> | 5<br>Practice <a href="#">Seated Pigeon</a>                | 6<br>Learn and Practice <a href="#">Touchdown Stretch</a>                             | 7        |
| 8                                                                                                                            | 9<br><a href="#">Valentines Movement Challenge</a>                                        | 10<br><a href="#">Valentines Day Yoga</a>                              | 11<br>Practice <a href="#">Rainbow Breathing</a>                                        | 12<br>Valentines <a href="#">Would you Rather</a>          | 13<br>Choose a <a href="#">Valentines Brain Boost</a> from Fit4Kids                   | 14       |
| 15                                                                                                                           | 16<br> | 17<br>Choose an Activity from Fit4Kids' <a href="#">Wellness Bingo</a> | 18<br>45 Seconds of <a href="#">Ski Hops</a>                                            | 19<br>See how long you can hold <a href="#">Plank Pose</a> | 20<br>Play a Game of <a href="#">Picture Fitness</a> using this <a href="#">video</a> | 21       |
| 22                                                                                                                           | 23<br>Do 15 <a href="#">Inchworms</a>                                                     | 24<br><a href="#">Spin the Wheel!</a>                                  | 25<br>Practice <a href="#">Tree Pose</a> on each leg                                    | 26<br>50 <a href="#">Chair Squats</a>                      | 27<br>Choose a <a href="#">Valentines Brain Boost</a> from Fit4Kids                   | 28       |