

DROP EVERYTHING AND MOVE

July 2027

fresh MOVES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Learn & Practice Square Breathing	2 Grab a deck of cards and practice math skills!	3 Brain Break: Sports Memes
4 Practice Thumb Pinky Switch	5 Brain Break: Minute to Win It	6 60 Seconds of Pretend Swim Stroke	7 Kids Choice! Pick a Fit4Kids Summer Brain Break	8 25 Modified Push Ups	9 Kids Choice! Pick a Fit4Kids Summer Brain Break	10 Do 15 Woodchoppers on each side
11 Grab a deck of cards and play Card Sharks	12 2 sets of 25 Scissor Crosses	13 Stitch Yoga	14 60 Seconds of Mountain Climbers	15 Summer Would you Rather	16 Practice Pretzel Arms	17 25 Windmill Toe Touches
18 Beach Adventure Yoga	19 60 Seconds Duck Walk	20 Practice Lazy 8's with your feet & fingers	21 See how long you can hold Plank Pose	22 Use bubbles to move & practice math skills!	23 35 Crab Kicks	24 Play the game Alaska
25 Practice Seated Pigeon	26 Do the Squat Challenge using this video	27 Spin the Wheel!	28 Never Have I Ever Exercise Game	29 Minecraft Yoga	30 45 Seconds of Ski Hops	31 Kids' Choice! Pick a Gif