



Drop Everything
& Move Calendar

DROP EVERYTHING AND MOVE

November 2026



SUN	MON	TUE	WED	THU	FRI	SAT
1	2  CLOSED	3  CLOSED	4 60 Seconds of Pretend Swim Stroke	5 Practice Calf Raises	6 Do the Squat Challenge using this video	7
8	9 25 Squats	10 30 Punch Downs	11  CLOSED	12 2 minutes of Standing Mountain Climbers	13 Would You Rather Autumn Edition	14
15	16 Choose a Fall Themed Brain Boost from Fit4Kids	17 Practice Trapezius Squeezes	18 Practice Thumb Pinky Switch	19 60 Seconds of Duck Walks	20 Try some Autumn Yoga poses	21
22	23 60 Seconds of Sprinkler Dance	24 Would You Rather Thanksgiving Feast Edition	25  CLOSED	26  CLOSED	27  CLOSED	28
29	30 Choose a Fall Themed Brain Boost from Fit4Kids					Visit FRESH's Website for more Calming & Refocusing & Brain Boost Activities