

DROP EVERYTHING AND MOVE

August 2027

fresh MOVES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Practice Calf Raises	2 Learn & Play Rock, Paper, Scissors vs. Computer	3 Learn 5 Calming Yoga Poses	4 Learn & Play the game Alaska	5 Bow Extensions	6 50 Crab Kicks	7 35 Squat Jumps
8 Try the Opposites Challenge Game	9 50 Star Jumps	10 Quicksand, Lava, Sharks & More! Dance Along	11 Practice Hand Tracing Breathing Exercise	12 60 Seconds of Shoulder Taps	13 Would you Rather Back to School Edition	14 Kids Choice! Pick a Fit4Kids Summer Brain Break
15 Goodnight Flow	16 Back to School Olympics	17 Inside Out Back to School Run	18 Learn & Practice Square Breathing	19 25 Windmill Toe Touches	20 60 Seconds of Pretend Swim Stroke	21 Do 15 Woodchoppers on each side
22 Practice Pretzel Arms	23 25 Punch Downs	24 Practice Touchdown Stretch	25 30 Standing Calf Raises	26 60 Seconds of Leg-Arm Marches	27 25 Elbow to Knees Taps	28 30 Punch Downs
29 25 Ski Hops	30 Practice Seated Pigeon	31 50 Overhead Presses				