



Drop Everything  
& Move Calendar

# DROP EVERYTHING AND MOVE

March 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Learn & Practice <a href="#">Forward Bend</a>	2 Choose a Fit4Kids March <a href="#">Brain Booster</a>	3 60 Seconds of <a href="#">Duck Walks</a>	4 2-Minutes of <a href="#">Bicycle Crunches</a>	5 Practice <a href="#">Tree Pose</a> on each leg	6 7
8	9 50 <a href="#">Crab Kicks</a>	10 <a href="#">Stationary Stretch</a> Brain Break	11 25 <a href="#">Lunges</a>	12 St. Patrick's Day <a href="#">Would you Rather</a>	13 	14
15	16 St. Patrick's Day <a href="#">Freeze Dance</a>	17 <a href="#">Frozen Yoga</a>	18 Practice <a href="#">Calf Raises</a>	19 Choose a Fit4Kids March <a href="#">Brain Booster</a>	20 Learn and Practice the <a href="#">Balance Challenge</a>	21
22	23 50 <a href="#">Air Punches</a>	24 Practice <a href="#">Trapezius Squeezes</a>	25 This or That <a href="#">Sports Edition</a>	26 60 Seconds of <a href="#">Front Back Jumps</a>	27 Complete <a href="#">Chair Triathlon</a>	28
29	30 25 <a href="#">Windmill Toe Touches</a>	31 25 <a href="#">One Foot Hops</a> on each foot				