




Drop Everything
& Move Calendar

DROP EVERYTHING AND MOVE

February 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
VISIT FRESH'S WEBSITE FOR MORE CALMING & REFOCUSING & BRAIN BOOST ACTIVITIES						1
2	3 60 Seconds of Gorilla Walks	4 Choose an Activity from Fit4Kids' Wellness Bingo	5 Learn and Practice Touchdown Stretch	6 Practice Seated Pigeon	7 	8
9	10 Valentines Movement Challenge	11 Valentines Day Yoga	12 Practice Rainbow Breathing	13 Valentines Would you Rather	14 Choose a Valentines Brain Boost from Fit4Kids	15
16	17 30 Punch Downs	18 Choose an Activity from Fit4Kids' Wellness Bingo	19 45 Seconds of Ski Hops	20 See how long you can hold Plank Pose	21 Play a Game of Picture Fitness using this video	22
23	24 Do 15 Inchworms	25 Spin the Wheel!	26 Practice Tree Pose on each leg	27 50 Chair Squats	28 Choose a Valentines Brain Boost from Fit4Kids	