



# MARCH 2026

Name:

Position:

CHALLENGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01  <b>PLIÉ</b> (PLEE-YE) BENDING THE KNEES	02 	03 	04 	05 	06 	07 
08  TELL PARENTS ABOUT YOUR SMALL ACHIEVEMENT IN THE PAST WEEK OR MONTH	09 	10 	11 	12  20 SITUPS or more	13 	14 
15  <b>DÉGAGÉ</b> (DAY-GA-ZHAY) TO DISENGAGE, LIFTS THE WORKING FOOT OFF THE FLOOR AND EXTEND WITH A POINT TOE	16 <i>You Pick Three</i>	17 	18  20 JUMPING JACKS or more	19 	20 	21 
22  <b>PAS DE CHAT</b> (PA-DE-SHA) STEP OF THE CAT	23 	24 	25 	26 	27 	28 
29  <b>ROND DE JAMBE</b> (RAWN-DUH-ZAHNB) ROUND OF LEG	30 	31 				