

SEPTEMBER 2026

Name:

Positions:

8
DAYS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13  Organize my Dance Bag	14 	15 	16 	17 	18 	19  Rest
20 	21 	22  Jump Rope 1 minute	23 	24 	25 	26  Eat something yellow
27  SAUTÉ (SOH-TAY) TO JUMP	28 	29 	30  Plank 30 secs			