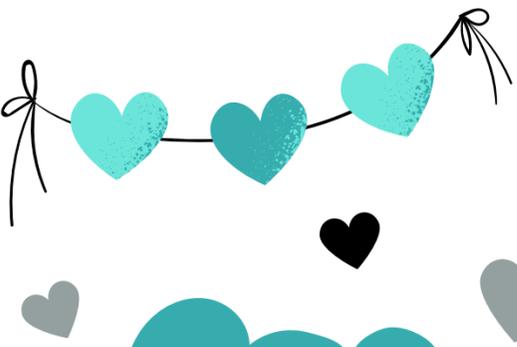


KINDNESS IN MOTION CHALLENGE

FEBRUARY 2026



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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| Drink 5 cups of water today 1 | Take a 10 minute walk to enjoy the fresh air! 2 | Attend the Beat PD online support group 3 | Get at least 7 hours of sleep tonight 4 | Take 5 deep belly breaths to control breathing 5 | Stretch for 5 minutes right when you wake up! 6 | Tidy up or organize a small space in your house 7 |
| Call or text a friend or family member to check in. 8 | Read more about the current studies - check out our website! 9 | Compliment or thank your trainer! 10 | Celebrate another Beat PDer's achievement with them! 11 | Replace one negative thought with a positive one 12 | Give yourself a compliment in the mirror! 13 | "PINK" Out! Wear pink today to class. 14  |
| Stand tall today! Proud & shoulders back! 15 | Say hi to a new Beat PDer in class 16 | Try a new exercise from class on your own time 17 | Increase your weight or do one more rep in class! 18 | Rest without guilt! Listen to your body & take a break. 19 | Clap your hands overhead 15 times 20 | Drink an extra glass of water today 21 |
| Sign up for one extra Beat PD class this week 22 | Tell someone you love them 23 | Avoid screens 30 minutes before bedtime 24 | Try a new fruit, veggie, or healthy food. 25 | Meditate or deep breathe to start your day 26 | Reflect on the top 3 things you crushed this month! 27 | Walk around your house for 5 mins with big arm swings 28 |