

APRIL, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 #88 "1min. Workouts-Leg Swing	2 Ancient Nutrition-Regenerative Organic Collagen	3 #90 "Music Can Make a Difference"	4 CF Kids #4
5			8 #55 "Lower Body Strength Test"	9 #56 "Are You Flexible?"	10 Ancient Nutrition-Organic Super Greens	11 CF Kids #5
12			15 Ancient Nutrition - Bone Broth Protein	16 #112 - "Push-Up Challenge"	17 #58 "Endurance Test"	18 CF Kids 6
19			22 #62 "1950's Exercises"	21 Ancient Nutrition - A2 Protein	24 Retro #21 (2009-Balance Ball II)	25 CF Kids #7
26			28 #114 - "Squat Challenge"	30 #94 "Longevity"		

MAY, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Ancient Nutrition-Regenerative Organic Collagen	2 CF Kids #8 "Partner Fun"
3	4	5	6 Ancient Nutrition-Organic Super Greens	6 #107 Balance In Your Life	7 Retro #22 (2009-Wake Up)	9 CFKIDS_009_Animal_Imitation_CC
10	11	12	13 108 - The Portion Size Secret	14 Ancient Nutrition - Bone Broth Protein	15 63 "Picnic"	16 CFKIDS_010_Olympics_CC
17	18	19	20 #64 "Nutrition Balance"	21 #65 "Move More Challenge 1"	22 Ancient Nutrition - A2 Protein	23 011_Dice Roll_CC
24	25	26	27 Ancient Nutrition-Regenerative Organic Collagen	28 #66 "Move More Challenge 2"	29 #113 - "Squat Challenge"	30 012_Craft Project and Exercise_CC"
31						