

WEEK 1 OF 4

Cody's Daily Dose of Dance!

Join us in celebrating FAMJam's 1-year anniversary by bringing dance into your life for 28 days in April! Anyone can join in!

If you join FAMJam in April and post your 3-min daily dose of dance to our **FAMJam Facebook Group**, you'll earn some cool exclusive FAMJam prizes!

Check out the details at FaceAcademyofMusic.com/famjam



SIGN UP FOR FAMJAM IN APRIL: GET A FREE FAMJAM BAG!
14 - 20 POINTS: GET A FREE FAMJAM BAG & HEADBAND
21 - 30 POINTS : GET A FREE FAMJAM BAG, HEADBAND & TOWEL
31+ POINTS: GET A FREE FAMJAM BAG, HEADBAND, TOWEL & WATER BOTTLE

THURSDAY, APRIL 1

Play the song that ALWAYS gets you up on the dance floor...LOUDLY & PROUDLY! Share the song in our FAMJam Facebook Group (2 pts)

FRIDAY, APRIL 2

It's Friday! Dance in the kitchen to your favorite disco song! Share the song in our FB Group (2 pts)

SATURDAY, APRIL 3

Add the FAMJam Profile Badge to your Facebook profile pic! Tap *Edit* or *Update* on your profile pic, select *Add Frame* then search for *FAMJam Anniversary* (14 pts)

SUNDAY, APRIL 4

Make a unique entrance by dancing into every room today. Let us know how it went in our FB Group (2 pts)

MONDAY, APRIL 5

Mondays are FAMJam day! Join us at 7:00pm MST. (5 pts)

Have a friend sign up for FAMJam (16 pts) Sign up at faceacademyofmusic.com/famjam!

TUESDAY, APRIL 6

Find a new song to dance to by Googling "best dance songs ever". Share it in our FB Group (2 pts)

WEDNESDAY, APRIL 7

Wednesdays are FAMJam day! Join us at 10am MST (5 pts)

Have a friend sign up for FAMJam (16 pts)

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WEEK 2 OF 4

Cody's Daily Dose of Dance!

Join us in celebrating FAMJam's 1-year anniversary by bringing dance into your life every day in April! Anyone can join in!

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THURSDAY, APRIL 8

Dance while you take care of a chore. Share which chore & song you chose in our FB Group (2 pts)

FRIDAY, APRIL 9

Turn off the kitchen lights, open the fridge & dance on your own spotlighted stage! (2 pts)

SATURDAY, APRIL 10

Put on a hat and see if it makes you feel like dancing in a different way. (2 pts)

SUNDAY, APRIL 11

Practice a Beyonce dance move (2 pts)

MONDAY, APRIL 12

Mondays are FAMJam day! Join us at 7:00pm MST. (5 pts)

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TUESDAY, APRIL 13

Dance completely out of time to a favorite song. Let us know how it goes in our FB Group (2 pts)

WEDNESDAY, APRIL 14

Wednesdays are FAMJam day! Join us at 10am MST (5 pts)

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WEEK 3 OF 4

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THURSDAY, APRIL 15

Make a social media post telling people why you love dancing (2 pts)

FRIDAY, APRIL 16

Take a selfie before dancing and after - what difference can you see and feel? Share your thoughts in our FB Group (2 pts)

SATURDAY, APRIL 17

Come up with a dance move for the chorus of Cody Qualls' Show Me Your Moves (2 pts)

SUNDAY, APRIL 18

Have a friend sign up for FAMJam (16 pts) Sign up at faceacademyofmusic.com/famjam!

MONDAY, APRIL 19

Mondays are FAMJam day! Join us at 7:00pm MST. (5 pts)

TUESDAY, APRIL 20

Decide on your signature dance move that you'll pull out the next chance you get! (2 pts)

WEDNESDAY, APRIL 21

Wednesdays are FAMJam day! Join us at 10am MST (5 pts)

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WEEK 4 OF 4

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THURSDAY, APRIL 22

Dance with your pet or a cuddly toy. Share a pic of your dance partner in our FB Group (2 pts)

FRIDAY, APRIL 23

Write down why you love dancing & put the note on your fridge to remind you every day. Share the thought in our FB Group (2 pts)

SATURDAY, APRIL 24

Dance with a book on your head. Take a selfie with the book and post it in our FB Group (2 pts)

SUNDAY, APRIL 25

Make a playlist with some of your favorite dance songs. Share your playlist in our FB Group (2 pts)

MONDAY, APRIL 26

Mondays are FAMJam day! Join us at 7:00pm MST. (5 pts)

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TUESDAY, APRIL 27

Practice a Michael Jackson or Bruno Mars dance move (2 pts)

WEDNESDAY, APRIL 28

Wednesdays are FAMJam day! Join us at 10am MST (5 pts)

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