

SEPTEMBER

DEAM Calendar DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Food Facts: <ul style="list-style-type: none"> Food is the body's fuel. Food provides nutrients and calories that we need to move and grow. Choose healthy foods and correct portion sizes from each food group. We burn approximately 5 calories per minute of moderate activity. This is a rough estimate and the actual amount will vary based on a variety of factors. Equation: # Calories ÷ 5 = Minutes of Moderate Exercise (to burn those calories). 					1 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	2 _____ Do some chores to help out at home.
3 _____ Do as many curl-ups as you can.	4 _____ Showcase your soccer skills by juggling a ball.	5 _____ Say your math facts while doing reverse lunges.	6 _____ Take a walk.	7 _____ Use the equation above; perform any exercise to burn off 1 tootsie roll (50 calories).	8 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	9 _____ Do some yardwork to help a neighbor.
10 _____ Do as many trunk-lifts as you can.	11 _____ Showcase your basketball skills by dribbling a ball.	12 _____ Do push-up shoulder taps while reciting your spelling words.	13 _____ Take a walk.	14 _____ ... perform any exercise to burn off three Hershey kisses (~75 calories).	15 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	16 _____ Help a friend clean his/her room.
17 _____ Do as many squats as you can.	18 _____ Showcase your football skills by running routes.	19 _____ Perform squat-jumps while naming the continents.	20 _____ Take a walk.	21 _____ ... perform any exercise to burn off four marshmallows (~100 calories).	22 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	23 _____ Help your family clean up around the house.
24 _____ Do as many push-ups as you can.	25 _____ Showcase your baseball skills by passing and catching any ball.	26 _____ Read a book while doing a wall sit.	27 _____ Take a walk.	28 _____ ... perform any exercise to burn off half of a Snickers Bar (~150 calories).	29 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	30 _____ Find something nice to do for someone else.

DEAM Days:

- "Super Sunday"
- "Move More Monday"
- "Two-on Tuesday"
- "Walking Wednesday"
- "Think-It Thursday"
- "Flexibility Friday"
- "Sit-less Saturday"

Please Remember

- > Always get adult permission before doing any activity.
- > Return calendar to your teacher after the month.

Purpose:

This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, there is an activity that each student is asked to complete with a family member (or with adult supervision).

Directions:

After a child completes a day's activity, the adult should initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" across that day (do not initial).