

SEPTEMBER

DEAM Calendar

DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 _____ Do some chores to help out at home.
2 _____ Do as many curl-ups as you can.	3 _____ Showcase your soccer skills by juggling a ball.	4 _____ Say your math facts while doing reverse lunges.	5 _____ Take a walk.	6 _____ Use the equation above; perform any exercise to burn off 1 tootsie roll (50 calories).	7 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	8 _____ Do some yardwork to help a neighbor.
9 _____ Do as many trunk-lifts as you can.	10 _____ Showcase your basketball skills by dribbling a ball.	11 _____ Do push-up shoulder taps while reciting your spelling words.	12 _____ Take a walk.	13 _____ ... perform any exercise to burn off three Hershey kisses (~75 calories).	14 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	15 _____ Help a friend clean his/her room.
16 _____ Do as many squats as you can.	17 _____ Showcase your football skills by running routes.	18 _____ Perform squat-jumps while naming the continents.	19 _____ Take a walk.	20 _____ ... perform any exercise to burn off four marshmallows (~100 calories).	21 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	22 _____ Help your family clean up around the house.
23 _____ Do as many push-ups as you can.	24 _____ Showcase your baseball skills by passing and catching any ball.	25 _____ Read a book while doing a wall sit.	26 _____ Take a walk.	27 _____ ... perform any exercise to burn off half of a Snickers Bar (~150 calories).	28 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	29 _____ 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 at the end of 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).