

JANUARY

DEAM Calendar DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 _____ Read a book while performing a wall sit.	2 _____ Take a walk.	3 _____ Check how many grams of sugar are in a can of soda. Flap your arms that #.	4 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	5 _____ Play outside with a sibling; no sibling... play with a neighbor.
6 _____ Do as many curl-ups as you can.	7 _____ Touch your elbow to the opposite knee 15 times on each side.	8 _____ Say your math facts while doing reverse lunges.	9 _____ Take a walk.	10 _____ Check how much salt is in one hot dog. Side-slide in place the #.	11 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	12 _____ Help out around the house.
13 _____ Do as many trunk-lifts as you can.	14 _____ Perform 40 mountain climbers	15 _____ Do push-up shoulder taps while reciting your spelling words.	16 _____ Take a walk.	17 _____ Check how much fat is in ice cream. Do that # of crunches.	18 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	19 _____ Help with the dishes.
20 _____ Do as many push-ups as you can.	21 _____ Balance on each foot for a count to 50.	22 _____ Perform squat-jumps while naming the continents.	23 _____ Take a walk.	24 _____ Check the "Total Carbs" on any food label you want. Do that # squat-thrusts.	25 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	26 _____ Help fold the laundry.
27 _____ You pick the exercise and do as many as you can!	28 _____ Do 55 ski-jumps.	29 _____ Name as many healthy habits as you can while holding a side plank.	30 _____ Take a walk.	31 _____ Check how many calories are in a candy bar (your choice). Raise the roof that #.		

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).