

AUGUST

DEAM Calendar DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 _____ August is "Family Fun Month!" Be active together.
2 _____ Do as many trunk-lifts as you can.	3 _____ Play catch with a ball. How many times can you go without a miss?	4 _____ Do push-up shoulder taps while reciting your spelling words.	5 _____ Take a walk.	6 _____ Your body needs fuel. Choose healthy snacks today!	7 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	8 _____ August is "Family Fun Month!" Be active together.
9 _____ Do as many squats as you can.	10 _____ Pass a soccer ball. Can you pass on the move?	11 _____ Perform squat-jumps while naming the continents.	12 _____ Take a walk.	13 _____ Your body needs hydration. Eliminate sugary drinks; choose water instead.	14 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	15 _____ August is "Family Fun Month!" Be active together.
16 _____ Do as many push-ups as you can.	17 _____ Pass and catch a frisbee. Can you catch it with just 1 hand?	18 _____ Read a book while doing a wall sit.	19 _____ Take a walk.	20 _____ Your body likes to be clean. Take a bath/shower and brush your teeth.	21 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	22 _____ August is "Family Fun Month!" Be active together.
23/30 _____ Do any work-out you want!	24/31 _____ Play a game of Monkey-in-the-Middle. Take turns as the "monkey."	25 _____ Say your math facts while doing reverse lunges.	26 _____ Take a walk.	27 _____ Your body needs to move. Remember to get 60 minutes of activity today.	28 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	29 _____ August is "Family Fun Month!" Be active together.

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).