

# JULY

## DEAM Calendar DROP EVERYTHING AND MOVE

Name \_\_\_\_\_

Teacher \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 _____ Take a walk.	2 _____ Think about what you eat. Make one healthy choice today.	3 _____ Do some yoga today. Search YouTube for ideas.	4 _____ July is Picnic Month. Pack a lunch and take a hike!
5 _____ Do as many reps as you can of any exercise. Track your progress.	6 _____ Summer Fun: Do anything that you enjoy that involves MVPA.	7 _____ Read a book while standing or walking in place.	8 _____ Take a walk.	9 _____ Think about what you eat. Make two healthy choices today.	10 _____ Do some yoga today. Search YouTube for ideas.	11 _____ July is Anti-Boredom Month. Stay active today!
12 _____ Do as many reps of the same exercise from above. Track your	13 _____ Summer Fun: Do anything that you enjoy that involves MVPA.	14 _____ Read a book while standing or walking in place.	15 _____ Take a walk.	16 _____ Think about what you eat. Make three healthy choices today.	17 _____ Do some yoga today. Search YouTube for ideas.	18 _____ July is Ice Cream Month. Stay active and reward yourself with a treat!
19 _____ Do as many reps of the same exercise from above. Track your	20 _____ Summer Fun: Do anything that you enjoy that involves MVPA.	21 _____ Read a book while standing or walking in place.	22 _____ Take a walk.	23 _____ Think about what you eat. Make four healthy choices today.	24 _____ Do some yoga today. Search YouTube for ideas.	25 _____ July is Blueberry Month. Remember to get 3 servings of fruit today.
26 _____ Do as many reps of the same exercise from above. Track your	27 _____ Summer Fun: Do anything that you enjoy that involves MVPA.	28 _____ Read a book while standing or walking in place.	29 _____ Take a walk.	30 _____ Think about what you eat. Make four healthy choices today.	31 _____ Do some yoga today. Search YouTube for ideas.	

### 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).*