

SEPTEMBER

DEAM Calendar

DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 _____ March in place while naming 10 things that you are thankful for.	2 _____ Take a walk.	3 _____ Burn 10 calories! <i>*It takes ~ 1 min. of exercise to burn 5 calories.</i>	4 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	5 _____ Do some chores to help out at home.
6 _____ Do as many curl-ups as you can.	7 _____ Showcase your soccer skills by juggling a ball.	8 _____ Say your math facts while doing reverse lunges.	9 _____ Take a walk.	10 _____ Burn 15 calories! <i>*It takes ~ 1 min. of exercise to burn 5 calories.</i>	11 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	12 _____ Do some yardwork to help a neighbor.
13 _____ Do as many trunk-lifts as you can.	14 _____ Showcase your basketball skills by dribbling a ball.	15 _____ Do push-up shoulder taps while reciting your spelling words.	16 _____ Take a walk.	17 _____ Burn 20 calories! <i>*It takes ~ 1 min. of exercise to burn 5 calories.</i>	18 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	19 _____ Do something nice for someone.
20 _____ Do as many squats as you can.	21 _____ Showcase your football skills by running routes.	22 _____ Perform squat-jumps while naming the continents.	23 _____ Take a walk.	24 _____ Burn 25 calories! <i>*It takes ~ 1 min. of exercise to burn 5 calories.</i>	25 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	26 _____ Help your family clean up around the house.
27 _____ Do as many push-ups as you can.	28 _____ Showcase your baseball skills by passing and catching any ball.	29 _____ Read a book while doing a wall sit.	30 _____ Take a walk.			

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.
- > Please practice social distancing when necessary.

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).