


FEBRUARY 2021

DEAM Calendar

DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 _____ Pick an any exercise and perform 4 sets of 25 repetitions.	2 _____ Read a book while doing a wall sit.	3 _____ Take a walk.	4 _____ Look at the label of any food. Do a sit-up for each ingredient you can't pronounce.	5 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	6 _____ When watching TV today, stand up and move during commercials.
7 _____ Do as many curl-ups as you can.	8 _____ Pick an any exercise and perform 1 set of 25 repetitions.	9 _____ Say your math facts while doing reverse lunges.	10 _____ Take a walk.	11 _____ Think of what a healthy breakfast while balancing on 1 foot.	12 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	13 _____ When watching TV today, stand up and move during commercials.
14 _____ Do as many trunk-lifts as you can.	15 _____ Pick an any exercise and perform 2 sets of 25 repetitions.	16 _____ Do push-up shoulder taps while reciting your spelling words.	17 _____ Take a walk.	18 _____ Think of many different vegetables while holding a plank.	19 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	20 _____ When watching TV today, stand up and move during commercials.
21 _____ Do as many squats as you can.	22 _____ Pick an any exercise and perform 3 sets of 25 repetitions.	23 _____ Perform squat-jumps while naming the continents.	24 _____ Take a walk.	25 _____ Think about name out loud the 5 different food groups. Do 5 squat-thrusts.	26 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	27 _____ When watching TV today, stand up and move during commercials.
28 _____ Do as many push-ups as you can.						

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).