

SEPTEMBER 2021

DEAM Calendar DROP EVERYTHING AND MOVE

Name _____

Teacher _____

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

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).