


# JANUARY 2022

# DEAM Calendar

**DROP EVERYTHING AND MOVE**

Name \_\_\_\_\_

Teacher \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 _____ Do as many curl-ups as you can.	3 _____ Touch your elbow to the opposite knee 15 times on each side.	4 _____ Say your math facts while doing reverse lunges.	5 _____ Take a walk.	6 _____ Tell someone how you will have a positive attitude.	7 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	8 _____ Help out around the house.
9 _____ Do as many trunk-lifts as you can.	10 _____ Perform 40 mountain climbers	11 _____ Do push-up shoulder taps while reciting your spelling words.	12 _____ Take a walk.	13 _____ Tell someone one thing you will do to be healthy.	14 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	15 _____ Help with the dishes.
16 _____ Do as many push-ups as you can.	17 _____ Balance on each foot for a count to 50.	18 _____ Perform squat-jumps while naming the continents.	19 _____ Take a walk.	20 _____ Tell someone 2 ways you will make a difference.	21 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	22 _____ Help fold the laundry.
23 _____ Do as many squats as you can.	24 _____ Do 60 ski-jumps.	25 _____ Name as many healthy habits as you can while holding a side plank.	26 _____ Take a walk.	27 _____ Tell someone three personal goals you have.	28 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	29 _____ Choice day (choose how to be active)!
30 _____ You pick the exercise and do as many as you can!	31 _____ Do 70 jumping jacks.					

## 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).*