

FEBRUARY 2022

DEAM Calendar

DROP EVERYTHING AND MOVE

Name _____

Teacher _____

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

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).