

JANUARY

DEAM Calendar DROP EVERYTHING AND MOVE

Name _____

Teacher _____

aSunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 _____ Do as many push-ups as you can.	2 _____ Grab two canned food items and perform 30 arm curls.	3 _____ Read a book while doing a wall sit.	4 _____ Take a walk.	5 _____ Check how many calories are in a can of soda. Flap your arms that # of times.	6 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	7 _____ Play outside with a sibling; no sibling... play with a neighbor.
8 _____ Do as many sit-ups as you can.	9 _____ Touch your elbow to the opposite knee 15 times on each side.	10 _____ Say your math facts while doing reverse lunges.	11 _____ Take a walk.	12 _____ Check how much salt is in one hot dog. Side-slide in place that # of times.	13 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	14 _____ Help out around the house.
15 _____ Do as many trunk-lifts as you can.	16 _____ Perform 25 squats.	17 _____ Do push-up shoulder taps while reciting your spelling words.	18 _____ Take a walk.	19 _____ Check how much fat is in ice cream. Do that # of crunches.	20 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	21 _____ Help with the dishes.
22 _____ Do as many squat-thrusts as you can.	23 _____ Balance on each foot for a count to 50.	24 _____ Perform squat-jumps while naming the continents.	25 _____ Take a walk.	26 _____ Check the Total Carbs on any food label you want. Do that # of ski-jumps.	27 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	28 _____ Help fold the laundry.
29 _____ You pick the exercise and do as many as you can!	30 _____ Do 30 mountain climbers.	31 _____ Name as many healthy habits as you can while holding a side plank.	<p><i>"Do what you can, with what you have, where you are."</i></p> <p><i>-Theodore Roosevelt</i></p>			

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 after the month.

Directions:

The purpose of this calendar is to encourage 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). 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).