


MARCH

DEAM Calendar

DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The average person burns about 3 calories per minute shooting a basketball. If there are 150 calories in a can of soda, how many minutes would you have to shoot baskets to burn off all of these calories?			1 _____ Take a walk.	2 _____ How many glasses of water should you drink today?	3 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	4 _____ Go to the park!
5 _____ Do as many curl-ups as you can.	6 _____ March Madness: Take 64 imaginary jump shots.	7 _____ Say your math facts while doing reverse lunges.	8 _____ Take a walk.	9 _____ How many minutes should you be active today and every day?	10 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	11 _____ Help your mom/dad carry in the groceries.
12 _____ Do as many trunk-lifts as you can.	13 _____ Take 32 imaginary dunks and 16 cross-over dribbles.	14 _____ Do push-up shoulder taps while reciting your spelling words.	15 _____ Take a walk.	16 _____ Name three reasons why you will never smoke or use tobacco.	17 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	18 _____ Spend 60 minutes outside. You choose what to do!
19 _____ Do as many squats as you can.	20 _____ Take 8 pretend chest passes and 4 imaginary foul shots.	21 _____ Perform squat-jumps while naming the continents.	22 _____ Take a walk.	23 _____ Look at the label of any food. How many food groups are there?	24 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	25 _____ Ask to park in the back of the lot so that you have to walk further!
26 _____ Do as many push-ups as you can.	27 _____ Take 2 laps around a pretend court and 1 giant star-jump!	28 _____ Read a book while doing a wall sit.	29 _____ Take a walk.	30 _____ What are the benefits to exercising regularly?	31 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	

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.

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).