



AUGUST

DEAM Calendar

DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 _____ Say your math facts while doing reverse lunges.	2 _____ Take a walk.	3 _____ Your body needs sleep. Get to bed early tonight!	4 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	5 _____ August is "Family Fun Month!" Be active together.
	6 _____ Do as many trunk-lifts as you can.	7 _____ Play catch with a ball. How many times can you go without a miss?	8 _____ Do push-up shoulder taps while reciting your spelling words.	9 _____ Take a walk.	10 _____ Your body needs fuel. Choose healthy meals/snacks today!	11 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
12 _____ August is "Family Fun Month!" Be active together.	13 _____ Do as many squats as you can.	14 _____ Play a soccer ball. Can you pass on the move?	15 _____ Perform squat-jumps while naming the continents.	16 _____ Take a walk.	17 _____ Your body needs hydration. Eliminate sugary drinks; choose water instead.	18 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
19 _____ August is "Family Fun Month!" Be active together.	20 _____ Do as many push-ups as you can.	21 _____ Pass and catch a frisbee. Can you catch it with just 1 hand?	22 _____ Read a book while doing a wall sit.	23 _____ Take a walk.	24 _____ Your body likes to be clean. Remember to bath/shower and brush your teeth.	25 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
26 _____ August is "Family Fun Month!" Be active together.	27 _____ Do any work-out you want!	28 _____ Play a game of Monkey-in-the-Middle. Take turns as the "monkey."	29 _____ Name as many muscles in the body as you can while you jump in place.	30 _____ Take a walk.	31 _____ Your body needs to move. Remember to get 60 minutes of activity today.	

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).