

NOVEMBER

DEAM Calendar

DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 _____ Take a walk.	2 _____ Check the Total Carbs on any food label. Do that # mountain climbers.	3 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	4 _____ Rake leaves. No leaves... do something outside.
5 _____ Do as many curl-ups as you can.	6 _____ Use an invisible jump rope to practice some tricks.	7 _____ Say your math facts while doing reverse lunges.	8 _____ Take a walk.	9 _____ Check how many calories are in a piece of candy. Flap your arms that #.	10 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	11 _____ Play with a friend.
12 _____ Do as many trunk-lifts as you can.	13 _____ Using an invisible jump rope, practice ten "double unders."	14 _____ Do push-up shoulder taps while reciting your spelling words.	15 _____ Take a walk.	16 _____ Check how much salt is in ketchup. Side-slide in place that #.	17 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	18 _____ Play your favorite tag game with your family.
19 _____ Do as many squats as you can.	20 _____ Using an invisible jump rope, do 20 "straddle jumps."	21 _____ Perform squat-jumps while naming the continents.	22 _____ Take a walk.	23 _____ Happy Thanksgiving! Try something new at dinner!	24 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	25 _____ Ask your parents what you can do to help out!
26 _____ Do as many push-ups as you can.	27 _____ Using an invisible jump rope, practice twenty "ski jumps."	28 _____ Read a book while doing a wall sit.	29 _____ Take a walk.	30 _____ Check how much fat is in your favorite salad dressing. Do that # of plank 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 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).