

DECEMBER

DEAM Calendar

DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	2 _____ Move during TV commercials. No TV?... then move 5 minutes each hour.
3 _____ Do as many curl-ups as you can.	4 _____ Do 10 burpees and 10 sit-ups.	5 _____ Say your math facts while doing reverse lunges.	6 _____ Take a walk.	7 _____ Think: I will be the best I can be! Live this motto all day!	8 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	9 _____ Move during TV commercials. No TV?... then move 5 minutes each hour.
10 _____ Do as many trunk-lifts as you can.	11 _____ Do 20 jumping jacks and 20 plank jacks.	12 _____ Do push-up shoulder taps while reciting your spelling words.	13 _____ Take a walk.	14 _____ Think: I can do hard things! Live this motto all day!	15 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	16 _____ Move during TV commercials. No TV?... then move 5 minutes each hour.
17 _____ Do as many squats as you can.	18 _____ Do 30 mountain climbers and 30 bicycle crunches.	19 _____ Perform squat-jumps while naming the continents.	20 _____ Take a walk.	21 _____ Think: I will train my brain (and body)! Live this motto all day!	22 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	23 _____ Move during TV commercials. No TV?... then move 5 minutes each hour.
24 _____ Do as many push-ups as you can.	25 _____ Crab walk and hold a plank for count to 40.	26 _____ Read a book while doing a wall sit.	27 _____ Take a walk.	28 _____ Think: I love to challenge myself! Live this motto all day!	29 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	30 _____ Move during TV commercials. No TV?... then move 5 minutes each hour.

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).