


# JANUARY

## DEAM Calendar

### DROP EVERYTHING AND MOVE

Name \_\_\_\_\_

Teacher \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 _____ Grab 2 canned food items and perform 20 arm raises.	2 _____ Read a book while performing a wall sit.	3 _____ Take a walk.	4 _____ Check how many calories are in a can of soda. Flap your arms that #.	5 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	6 _____ Play outside with a sibling; no sibling... play with a neighbor.
7 _____ Do as many curl-ups as you can.	8 _____ Touch your elbow to the opposite knee 15 times on each side.	9 _____ Say your math facts while doing reverse lunges.	10 _____ Take a walk.	11 _____ Check how much salt is in one hot dog. Side-slide in place the #.	12 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	13 _____ Help out around the house.
14 _____ Do as many trunk-lifts as you can.	15 _____ Perform 40 mountain climbers	16 _____ Do push-up shoulder taps while reciting your spelling words.	17 _____ Take a walk.	18 _____ Check how much fat is in ice cream. Do that # of crunches.	19 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	20 _____ Help with the dishes.
21 _____ Do as many push-ups as you can.	22 _____ Balance on each foot for a count to 50.	23 _____ Perform squat-jumps while naming the continents.	24 _____ Take a walk.	25 _____ Check the "Total Carbs" on any food label you want. Do that # squat-thrusts.	26 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	27 _____ Help fold the laundry.
28 _____ You pick the exercise and do as many as you can!	29 _____ Do 55 ski-jumps.	30 _____ Name as many healthy habits as you can while holding a side plank.	31 _____ Take a walk.			

### 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).*