

AUG 2018

DEAM Calendar

DROP EVERYTHING AND MOVE

Name _____

Teacher _____

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