


DECEMBER

DEAM Calendar DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 _____ Do as many push-ups as you can.	2 _____ Crab walk and hold a plank for count to 40.	3 _____ Read a book while doing a wall sit.	4 _____ Take a walk.	5 _____ Think: I love to challenge myself! Live this motto all day!	6 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	7 _____ Move during TV commercials. No TV?... then move 5 minutes each hour.
9 _____ Do as many curl-ups as you can.	10 _____ Do 10 burpees and 10 sit-ups.	11 _____ Say your math facts while doing reverse lunges.	12 _____ Take a walk.	13 _____ Think: I will be the best I can be! Live this motto all day!	14 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	15 _____ Move during TV commercials. No TV?... then move 5 minutes each hour.
16 _____ Do as many trunk-lifts as you can.	17 _____ Do 20 jumping jacks and 20 plank jacks.	18 _____ Do push-up shoulder taps while reciting your spelling words.	19 _____ Take a walk.	20 _____ Think: I can do hard things! Live this motto all day!	21 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	22 _____ Move during TV commercials. No TV?... then move 5 minutes each hour.
23 _____ Do as many squats as you can.	24 _____ Do 30 mountain climbers and 30 bicycle crunches.	25 _____ Perform squat-jumps while singing a holiday song.	26 _____ Take a walk.	27 _____ Think: I will train my brain (and body)! Live this motto all day!	28 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	29 _____ Move during TV commercials. No TV?... then move 5 minutes each hour.
30 _____ Do as many lunges as you can.	31 _____ It's almost the New Year! Do 10 star jumps.					

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).