

OCTOBER

DEAM Calendar

DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 _____ Name as many states as you can while doing jumping jacks.	2 _____ Take a walk.	3 _____ Soda has zero protein and zero fiber. Commit to drinking zero soda this month.	4 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	5 _____ Bag Game: 1 vs. 1 Tag... play against someone else.
6 _____ Do as many curl-ups as you can.	7 _____ How many different ways can you safely roll?	8 _____ Say your math facts while doing reverse lunges.	9 _____ Take a walk.	10 _____ 1 can of Mt. Dew has 46 grams of sugar. Do 46 mountain climbers.	11 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	12 _____ Team Bag Tag... play with a group; everyone is "It."
13 _____ Do as many trunk-lifts as you can.	14 _____ How many ways can you transfer your weight over an imaginary line?	15 _____ Do push-up shoulder taps while reciting your spelling words.	16 _____ Take a walk.	17 _____ 1 can of Dr. Pepper has 55 mg of sodium. Hop on each foot 55 times.	18 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	19 _____ Bag Game: Bag Juggle... toss and catch 2, 3, or 4 bags!
20 _____ Do as many squats as you can.	21 _____ How many ways can you bend, twist, and turn your body?	22 _____ Perform squat-jumps while naming the continents.	23 _____ Take a walk.	24 _____ 1 can of Pepsi has 150 calories. Run in place for the count to 150!	25 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	26 _____ Make bag into a ball. Toss 1 bag to everyone, then add more bags.
27 _____ Do as many push-ups as you can.	28 _____ Practice jumping and landing safely.	29 _____ Read a book while doing a wall sit.	30 _____ Take a walk.	31 _____ Happy Halloween! Think moderation and limit the amount of candy you eat.		

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).