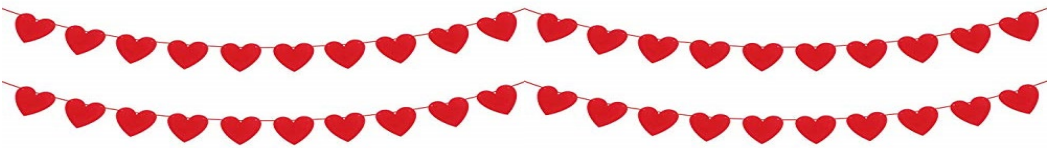


# FEBRUARY

## DEAM Calendar DROP EVERYTHING AND MOVE

Name \_\_\_\_\_

Teacher \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 _____ When watching TV today, stand up and move during commercials.
2 _____ Do as many curl-ups as you can.	3 _____ Pick an any exercise and perform 1 set of 25 repetitions.	4 _____ Say your math facts while doing reverse lunges.	5 _____ Take a walk.	6 _____ Think of what a healthy breakfast while balancing on 1 foot.	7 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	8 _____ When watching TV today, stand up and move during commercials.
9 _____ Do as many trunk-lifts as you can.	10 _____ Pick an any exercise and perform 2 sets of 25 repetitions.	11 _____ Do push-up shoulder taps while reciting your spelling words.	12 _____ Take a walk.	13 _____ Think of many different vegetables while holding a plank.	14 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	15 _____ When watching TV today, stand up and move during commercials.
16 _____ Do as many squats as you can.	17 _____ Pick an any exercise and perform 3 sets of 25 repetitions.	18 _____ Perform squat-jumps while naming the continents.	19 _____ Take a walk.	20 _____ Think about name out loud the 5 different food groups. Do 5 squat-thrusts.	21 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	22 _____ When watching TV today, stand up and move during commercials.
23 _____ Do as many push-ups as you can.	24 _____ Pick an any exercise and perform 4 sets of 25 repetitions.	25 _____ Read a book while doing a wall sit.	26 _____ Take a walk.	27 _____ Look at the label of any food. Do a sit-up for each ingredient you can't pronounce.	28 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	29 _____ When watching TV today, stand up and move during commercials.

### 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).*