


# JANUARY

## DEAM Calendar DROP EVERYTHING AND MOVE

Name \_\_\_\_\_

Teacher \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 _____ Take a walk.	2 _____ It is the start of a new decade. Tell someone three personal goals you have.	3 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	4 _____ Play outside with a sibling; no sibling... play with a neighbor.
5 _____ Do as many curl-ups as you can.	6 _____ Touch your elbow to the opposite knee 15 times on each side.	7 _____ Say your math facts while doing reverse lunges.	8 _____ Take a walk.	9 _____ It is the start of a new decade. Tell someone how you will have a positive attitude.	10 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	11 _____ Help out around the house.
12 _____ Do as many trunk-lifts as you can.	13 _____ Perform 40 mountain climbers	14 _____ Do push-up shoulder taps while reciting your spelling words.	15 _____ Take a walk.	16 _____ It is the start of a new decade. Tell someone one thing you will do to be healthy.	17 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	18 _____ Help with the dishes.
20 _____ Do as many push-ups as you can.	21 _____ Balance on each foot for a count to 50.	22 _____ Perform squat-jumps while naming the continents.	23 _____ Take a walk.	24 _____ It is the start of a new decade. Tell someone 2 ways you will make a difference.	25 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	26 _____ Help fold the laundry.
26 _____ You pick the exercise and do as many as you can!	27 _____ Do 55 ski-jumps.	28 _____ Name as many healthy habits as you can while holding a side plank.	29 _____ Take a walk.	30 _____ It is the start of a new decade. Ask a friend what he/she plans to accomplish.	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).*