


JANUARY 2023

DEAM Calendar

DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 _____ Do as many curl-ups as you can.	2 _____ Touch your elbow to the opposite knee 15 times on each side.	3 _____ Say your math facts while doing reverse lunges.	4 _____ Take a walk.	5 _____ Tell someone how you will have a positive attitude.	6 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	7 _____ Help out around the house.
8 _____ Do as many trunk-lifts as you can.	9 _____ Perform 40 mountain climbers	10 _____ Do push-up shoulder taps while reciting your spelling words.	11 _____ Take a walk.	12 _____ Tell someone one thing you will do to be healthy.	13 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	14 _____ Help with the dishes.
15 _____ Do as many push-ups as you can.	16 _____ Balance on each foot for a count to 50.	17 _____ Perform squat-jumps while naming the continents.	18 _____ Take a walk.	19 _____ Tell someone 2 ways you will make a difference.	20 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	21 _____ Help fold the laundry.
22 _____ Do as many squats as you can.	23 _____ Do 60 ski-jumps.	24 _____ Name as many healthy habits as you can while holding a side plank.	25 _____ Take a walk.	26 _____ Tell someone three personal goals you have.	27 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	28 _____ Clean your room!
29 _____ You pick the exercise and do as many as you can!	30 _____ Do 70 jumping jacks.	31 _____ Choice day (choose how to be active)!				

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).