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| Name: | Teacher: |

***Directions:***

*After a student completes a day’s activity, an adult should make a check mark and initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an “X” in the space provided for a check mark (do not initial).*

***Purpose:***

*This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle.* *Each day, students are asked to complete a different activity with a family member (or with adult supervision).*

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| * Done
 | Day | DEAM Activity |
|  | 1 | Move during TV commercials. (No TV? Move for 5 minutes each hour.) |
|  | 2 | Do as many curl-ups as you can. |
|  | 3 | Do 10 burpees and 10 sit-ups. |
|  | 4 | Say your math facts while doing reverse lunges. |
|  | 5 | Take a walk. |
|  | 6 | Think: I will be the best I can be! Live this motto all day! |
|  | 7 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 8 | Move during TV commercials. (No TV? Move for 5 minutes each hour.) |
|  | 9 | Do as many trunk-lifts as you can. |
|  | 10 | Do 20 jumping jacks and 20 plank jacks. |
|  | 11 | Do push-up shoulder taps while reciting your spelling words. |
|  | 12 | Take a walk. |
|  | 13 | Think: I can do hard things! 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? Move for 5 minutes each hour.) |
|  | 16 | Do as many squats as you can. |
|  | 17 | Do 30 mountain climbers and 30 bicycle crunches. |
|  | 18 | Perform squat-jumps while naming the continents. |
|  | 19 | Take a walk. |
|  | 20 | Think: I will train my brain (and body)! 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? Move for 5 minutes each hour.) |
|  | 23 | Do as many push-ups as you can. |
|  | 24 | Crab walk and hold a plank as you count to 40. |
|  | 25 | Read a book while doing a wall sit. |
|  | 26 | Take a walk. |
|  | 27 | Think: I love to challenge myself! 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? Move for 5 minutes each hour.) |
|  | 30 | Do as many push-ups as you can. |
|  | 31 | Crab walk and hold a plank as you count to 40. |



**Please Remember**

* Always get adult permission before doing any activity.
* Return calendar to your teacher at the end of the month.
* It’s better to give than to receive.