

# DECEMBER

# DEAM Calendar

Drop Everything And Move



Name:	Teacher:
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**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).*

**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).*

✓ 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.

