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| Name: | Teacher: |

***Directions:***

*After a student completes a day’s activity, an adult should place their initials and a check mark in the space provided. You are allowed to miss one day (activity) each week. If you do, place an “X” in the space instead of a check mark (do not initial).*

***Purpose:***

*This calendar encourages families to become more physically active and 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 | Summer Fun: Do anything you enjoy that involves MVPA. |
|  | 2 | Read a book while standing or walking in place. |
|  | 3 | Take a walk. |
|  | 4 | Think about what you eat. Make at least 1 healthy choice today. |
|  | 5 | Do some yoga today. Search YouTube for ideas. |
|  | 6 | July is Picnic Month. Pack a lunch and take a hike! |
|  | 7 | Do as many reps as you can of any exercise. Track your progress. |
|  | 8 | Summer Fun: Do anything you enjoy that involves MVPA. |
|  | 9 | Read a book while standing or walking in place. |
|  | 10 | Take a walk. |
|  | 11 | Think about what you eat. Make at least 2 healthy choices today. |
|  | 12 | Do some yoga today. Search YouTube for ideas. |
|  | 13 | July is Anti-Boredom Month. Stay active today! |
|  | 14 | Do as many reps of the same exercise from July 7th. Track your progress. |
|  | 15 | Summer Fun: Do anything you enjoy that involves MVPA. |
|  | 16 | Read a book while standing or walking in place. |
|  | 17 | Take a walk. |
|  | 18 | Think about what you eat. Make at least 3 healthy choices today. |
|  | 19 | Do some yoga today. Search YouTube for ideas. |
|  | 20 | July is Ice Cream Month. Stay active and reward yourself with a treat! |
|  | 21 | Do as many reps of the same exercise from July 7th. Track your progress. |
|  | 22 | Summer Fun: Do anything you enjoy that involves MVPA. |
|  | 23 | Read a book while standing or walking in place. |
|  | 24 | Take a walk. |
|  | 25 | Think about what you eat. Make at least 4 healthy choices today. |
|  | 26 | Do some yoga today. Search YouTube for ideas. |
|  | 27 | July is Blueberry Month. Remember to get 3 servings of fruit today. |
|  | 28 | Do as many reps of the same exercise from July 7th. Track your progress. |
|  | 29 | Summer Fun: Do anything you enjoy that involves MVPA. |
|  | 30 | Read a book while standing or walking in place. |
|  | 31 | Take a walk. |

**Please Remember**

* Always get adult permission before doing any activity.
* Return this calendar to your teacher at the end of the month.