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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 | Your body needs sleep. Get to bed early tonight! |
|  | 2 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 3 | August is Family Fun Month! Be active together. |
|  | 4 | Do as many trunk-lifts as you can. |
|  | 5 | Play catch with a ball. How many times can you go without a miss? |
|  | 6 | Do push-up shoulder taps while reciting your spelling words. |
|  | 7 | Take a walk. |
|  | 8 | Your body needs fuel. Choose healthy snacks today! |
|  | 9 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 10 | August is Family Fun Month! Be active together. |
|  | 11 | Do as many squats as you can. |
|  | 12 | Pass a soccer ball. Can you pass on the move? |
|  | 13 | Perform squat-jumps while naming the continents. |
|  | 14 | Take a walk. |
|  | 15 | Your body needs hydration. Eliminate sugary drinks and choose water instead. |
|  | 16 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 17 | August is Family Fun Month! Be active together. |
|  | 18 | Do as many push-ups as you can. |
|  | 19 | Pass and catch a frisbee. Can you catch it with just 1 hand? |
|  | 20 | Read a book while doing a wall sit. |
|  | 21 | Take a walk. |
|  | 22 | Your body likes to be clean. Take a bath or shower and brush your teeth. |
|  | 23 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 24 | August is Family Fun Month! Be active together. |
|  | 25 | Do any workout you want! |
|  | 26 | Play a game of Monkey in the Middle. Take turns as the “monkey.” |
|  | 27 | Say your math facts while doing reverse lunges. |
|  | 28 | Take a walk. |
|  | 29 | Your body needs to move. Remember to get 60 minutes of activity today. |
|  | 30 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 31 | August is Family Fun Month! Be active together. |

**Please Remember**

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