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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 | Take a walk with a family member. |
|  | 2 | Find something nice to do for someone else. |
|  | 3 | Pick 3 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 4 | Do some chores to help out at home. |
|  | 5 | Do as many curl-ups as you can. (Do not do this after eating a big sandwich.) |
|  | 6 | How many jumping jacks can you do in 30 seconds? |
|  | 7 | Count by 2s while doing lunges. |
|  | 8 | Take a walk with a family member. |
|  | 9 | Invent your own jumping jack. Do 50 of them now. |
|  | 10 | Do 10 wall push-ups. |
|  | 11 | Do some yardwork to help a neighbor, friend, or family member. |
|  | 12 | Listen to your favorite song. Jog in place the entire time it’s playing. |
|  | 13 | Showcase your basketball skills by dribbling a basketball for 3 minutes. |
|  | 14 | Do push-up shoulder taps while practicing your spelling words. |
|  | 15 | Take a walk with a family member. |
|  | 16 | Focus on breathing. Inhale for 5 seconds, exhale for 5 seconds. Repeat 5X. |
|  | 17 | Pick 3 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 18 | Be helpful. Ask a family what you can do to help at home. |
|  | 19 | Do 3 sets of 10 squats. |
|  | 20 | Play catch! Pick up a ball or flying disc. Find a partner and play some catch. |
|  | 21 | How many US states can you name while you perform squat jumps? |
|  | 22 | Take a walk with a family member. |
|  | 23 | Hydrate! Drink a glass of water. |
|  | 24 | Count by 5s while doing jumping jacks. How high can you count? |
|  | 25 | Play music and clean your room. |
|  | 26 | Do 3 sets of 3 push-ups. |
|  | 27 | Ask a family member to put your favorite fresh fruit on the grocery list. |
|  | 28 | Research 3 muscles. Learn their names and what they do. |
|  | 29 | Take a walk with a family member. |
|  | 30 | Do 3 sets of 3 burpees. |

**Please Remember**

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