JANUARY CALENDAR

|  |  |  |  |
| --- | --- | --- | --- |
| **Name:** |  | **Teacher:** |  |

**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).

**Directions:**

After students complete a day’s activity, adults place initials and a check mark in the space. You can miss 1 day (activity) each week. If you do, use an X instead of a check mark.

|  |  |  |
| --- | --- | --- |
| **Done** | **Day** | **DEAM Activity** |
|  | 1 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 2 | Play outside with a friend or family member. |
|  | 3 | Do as many curl-ups as you can. |
|  | 4 | Touch your elbow to the opposite knee 15 times on each side. |
|  | 5 | Count by 3's while doing reverse lunges. |
|  | 6 | Take a walk with a friend or family member. |
|  | 7 | Tell someone 3 ways that you can show a positive attitude. |
|  | 8 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 9 | Help out around the house. |
|  | 10 | Do as many trunk-lifts as you can. |
|  | 11 | Perform 40 mountain climbers |
|  | 12 | Do push-up shoulder taps while reciting your spelling words. |
|  | 13 | Take a walk with a friend or family member. |
|  | 14 | Tell someone one thing you will do to be healthy. |
|  | 15 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 16 | Help with the dishes (or another chore). |
|  | 17 | Do as many push-ups as you can. |
|  | 18 | Balance on each foot for a count to 50. |
|  | 19 | Perform squat-jumps while naming the continents. |
|  | 20 | Take a walk with a friend or family member. |
|  | 21 | Tell someone 2 ways you will make a difference. |
|  | 22 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 23 | Help fold the laundry. |
|  | 24 | Hold a plank position for as long as you can. |
|  | 25 | Do 55 ski-jumps. |
|  | 26 | Name as many healthy habits as you can while holding a side plank. |
|  | 27 | Take a walk with a friend or family member. |
|  | 28 | Tell someone three personal goals you have. |
|  | 29 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 30 | Choice day (you choose how to be active)! |
|  | 31 | You pick the exercise and do as many as you can. |