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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 | Do as many curl-ups as you can. |
|  | 2 | Pick any exercise you want and perform 1 set of 25 repetitions.  |
|  | 3 | Say your math facts while doing reverse lunges. |
|  | 4 | Take a walk. |
|  | 5 | Think of what a healthy breakfast looks like while balancing on 1 foot. |
|  | 6 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 7 | If you watch TV today, stand up and do jumping jacks during the commercials. |
|  | 8 | Do as many trunk-lifts as you can. |
|  | 9 | Pick any exercise you want and perform 2 sets of 25 repetitions.  |
|  | 10 | Do push-up shoulder taps while reciting your spelling words. |
|  | 11 | Take a walk. |
|  | 12 | Think of as many different vegetables as you can while holding a plank. |
|  | 13 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 14 | If you watch TV today, do push-ups during the commercials. |
|  | 15 | Do as many squats as you can. |
|  | 16 | Pick any exercise you want and perform 3 sets of 25 repetitions.  |
|  | 17 | Perform squat-jumps while naming the continents. |
|  | 18 | Take a walk. |
|  | 19 | Name the 5 different food groups out loud. Do 5 squat-thrusts. |
|  | 20 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 21 | If you watch TV today, stand up and do jumping jacks during the commercials. |
|  | 22 | Do as many push-ups as you can. |
|  | 23 | Pick any exercise you want and perform 4 sets of 25 repetitions.  |
|  | 24 | Read a book while doing a wall sit. |
|  | 25 | Take a walk. |
|  | 26 | Look at the label of any food. Do a sit-up for each ingredient you can't pronounce. |
|  | 27 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 28 | If you watch TV today, do push-ups during the commercials. |

**Please Remember**

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