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| Name: | Teacher: |

***Purpose:*** *This calendar encourages families to become more physically active and to 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 a student completes a day’s activity, adults make a check mark and initial in the space provided. Each week, you can miss one day (activity). If this happens, put an “X” in the space provided for a check mark (do not initial).*



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| * **Done**
 | **Day** | **DEAM Activity** |
|  | 1 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 2 | Play with a friend. |
|  | 3 | Do as many curl-ups as you can. |
|  | 4 | March Madness: Take 64 imaginary jump shots. |
|  | 5 | Say your math facts while doing reverse lunges. |
|  | 6 | Take a walk. |
|  | 7 | Kids should be active sixty minutes EVERY day! Do 60 jumping jacks. |
|  | 8 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 9 | Play a game that is active. You decide what that is. |
|  | 10 | Do as many trunk-lifts as you can. |
|  | 11 | Take 32 imaginary dunks and 16 cross-over dribbles. |
|  | 12 | Do push-up shoulder taps while reciting your spelling words. |
|  | 13 | Take a walk. |
|  | 14 | Run in place and name 3 reasons why you will never smoke or use tobacco. |
|  | 15 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 16 | Take a hike. |
|  | 17 | Do as many squats as you can. |
|  | 18 | Take 8 pretend chest passes and 4 imaginary foul shots. |
|  | 19 | Perform squat-jumps while naming the continents. |
|  | 20 | Take a walk. |
|  | 21 | How many food groups are there? Do 5 plank-jacks. |
|  | 22 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 23 | Play outside. |
|  | 24 | Do as many push-ups as you can. |
|  | 25 | Take 2 laps around a pretend court and 1 giant star-jump! |
|  | 26 | Read a book while doing a wall sit. |
|  | 27 | Take a walk. |
|  | 28 | About how many glasses of water should you drink each day? Do 8 burpees. |
|  | 29 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 30 | Go to the park! |
|  | 31 | Do as many squat-thrusts as you can. |

**Please Remember**

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