

FEBRUARY



DEAM Calendar Drop Everything And Move

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 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).

✓ 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.