



# DEAM

# Drop Everything And Move

## JANUARY CALENDAR

<b>Name:</b>		<b>Teacher:</b>	
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### 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.