


OCTOBER

DEAM Calendar DROP EVERYTHING AND MOVE

Name _____

Teacher _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 _____ Soda has zero protein and zero fiber. Commit to drinking zero soda this month.	2 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	3 _____ Juggle plastic grocery bags... toss and catch 2, 3, or 4 bags!
4 _____ Do as many curl-ups as you can.	5 _____ How many different ways can you safely roll?	6 _____ Say your math facts while doing reverse lunges.	7 _____ Take a walk.	8 _____ 1 can of Mt. Dew has 46 grams of sugar. Do 46 mountain climbers.	9 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	10 _____ Bag Game: Play 1 vs. 1 Tag with someone at home.
11 _____ Do as many trunk-lifts as you can.	12 _____ How many ways can you transfer your weight over an imaginary line?	13 _____ Do push-up shoulder taps while reciting your spelling words.	14 _____ Take a walk.	15 _____ 1 can of Dr. Pepper has 55 mg of sodium. Hop on each foot 55 times.	16 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	17 _____ Make bag into a ball. Toss and catch with someone in your family.
18 _____ Do as many squats as you can.	19 _____ How many ways can you bend, twist, and turn your body?	20 _____ Perform squat-jumps while naming the continents.	21 _____ Take a walk.	22 _____ 1 can of Pepsi has 150 calories. Run in place for the count to 150!	23 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	24 _____ Bag Fitness: While holding a plank, circle the bag around your body.
25 _____ Do as many push-ups as you can.	26 _____ Practice jumping and landing safely.	27 _____ Read a book while doing a wall sit.	28 _____ Take a walk.	29 _____ Halloween is near. Make a plan on how you will show moderation with candy.	30 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	31 _____ Create your own game using plastic grocery bags.

DEAM Days:

- "Super Sunday"
- "Move More Monday"
- "Two-on Tuesday"
- "Walking Wednesday"
- "Think-It Thursday"
- "Flexibility Friday"
- "Sit-less Saturday"

Please Remember

> Always get adult permission before doing any activity.

> Return calendar to your teacher at the end of the month.

Purpose:

This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, there is an activity that each student is asked to complete with a family member (or with adult supervision).

Directions:

After a child completes a day's activity, the adult should initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" across that day (do not initial).