D.E.A.M. October 2026

Drop Everything and Move

NAME:_____ CLASSROOM TEACHER:_____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RETURN YOUR OCTOBER HOMEWORK TO MR WILL BY NOVEMBER 6TH TO GET 1 COOL BUCK FOR EVERY 6 DAYS YOU COMPLETE				1 10 BURPIES	2 10 BURPIES 10 SIT UPS	3 10 BURPIES 10 SITUPS 10 LUNGES
4 10 BURPIES 10 SITUPS 10 LUNGES 30 SECOND PLANK	5 DRINK A TOTAL OF EIGHT GLASSES OF WATER TODAY	6 2X 10 BURPIES	7 2X 10 BURPIES 10 SITUPS	8 2X 10 BURPIES 10 SITUPS 10 LUNGES	9 2X 10 BURPIES 10 SITUPS 10 LUNGES 30 SECOND PLAN	10 3 WEEKS TO HALLOWEEN: WALK OR JOG YOUR TRICK OR TREATING ROUTE
11 3X 10 BURPIES	12 3X 10 BURPIES 10 SITUPS	13 3X 10 BURPIES 10 SITUPS 10 LUNGES	14 3X 10 BURPIES 10 SITUPS 10 LUNGES 30 SECOND PLANK	15 OCTOBER IS FIRE SAFETY MONTH: TEST YOUR SMOKE DETECTORS	16 20 BURPIES	17 20 BURPIES 20 SITUPS
18 20 BURPIES 20 SITUPS 20 LUNGES	19 20 BURPIES 20 SITUPS 20 LUNGES 30 SECOND PLANK	20 MR WILL'S BIRTHDAY (FREE SPACE)	21 2X 20 BURPIES	22 2X 20 BURPIES 20 SITUPS	23 2X 20 BURPIES 20 SITUPS 20 LUNGES	24 2X 20 BURPIES 20 SITUPS 20 LUNGES 30 SECOND PLANK
25 ONE WEEK TILL HALLOWEEN CHECK YOUR FLASHLIGHT BATTERIES	26 3X 20 BURPIES	27 3X 20 BURPIES 20 SITUPS	28 3X 20 BURPIES 20 SITUPS 20 LUNGES	29 3X 20 BURPIES 20 SITUPS 20 LUNGES 30 SECOND PLANK	30 HALLOWEEN EVE GO TO BED EARLY (BEFORE EIGHT PM)	31 HAPPY HALLOWEEN! GO TRICK OR TREATING FOR 30 MINUTES

Total Days:_____ Parent Signature:_____

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WORKOUT GUIDE

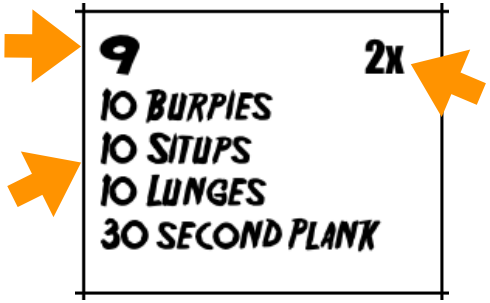
Trick 'R Training

DIRECTIONS: COMPLETE THE WORKOUT LISTED IN EACH BOX OF THE CALENDAR FOR OCTOBER. KEEP TRACK OF ANY DAY YOU SUCCESSFULLY COMPLETE BY COLORING IN THE BOX. THE MORE DAYS YOU DO, THE MORE BONUS "COOL BUCKS" OR PUSH UP COUPONS YOU WILL EARN. AT THE END OF THE MONTH, ADD UP YOUR TOTAL NUMBER OF DAYS COMPLETED, HAVE YOUR PARENTS SIGN THE BOTTOM OF THE SHEET AND RETURN TO MR WILL FOR YOUR PRIZE.

(NOTE: IF THE DOG EATS YOUR HOMEWORK YOU CAN FIND THE HOMEWORK ONLINE: WWW.MRWILLPE.COM/PEHOMEWORK)

THIS IS THE DATE OF THE CHALLENGE OF THE DAY

THESE ARE THE EXERCISES FOR THE DAY. YOU MUST PERFORM ALL THE EXERCISES TO COMPLETE THE DAY.



THIS IS THE NUMBER OF TIMES YOU MUST COMPLETE ALL OF THE EXERCISES TO COMPLETE THE DAY

REMEMBER: YOU CAN TAKE BREAKS IN THE MIDDLE OF THE WORKOUT IF YOU GET TIRED. BUT REMEMBER, TO GET FULL CREDIT FOR THE DAY YOU MUST DO THE FULL WORKOUT THE FULL NUMBER OF TIMES. GOOD LUCK!