D.E.A.M. September 2026

Drop Everything and Move

NAME:_____ CLASSROOM TEACHER:_____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Turn in Your Calendar By October 2nd and get 1 Cool Buck or Push-Up Coupon for every 10 Days you complete.		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28 Bring Your Family to PE Week	29 Bring Your Family to PE Week	30 Bring Your Family to PE Week	Remember: The D.E.A.M Calendar Is OPTIONAL. Try To Complete As Many Days As Possible, If you Miss a day You Can not Make it up.		

Total Days:_____ Parent Signature:_____

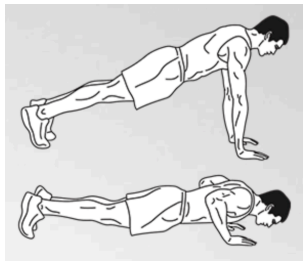
D.E.A.M. September 2026

WORKOUT GUIDE

Directions: Complete the workout below for as many days in September as you can. Use the calendar on the Front to keep track of how many days you complete the Full challenge. Write your name in each day you complete all of the exercises. Earn 1 cool buck or Push-up Coupon for every 10 days you complete. At the end of the month, add up your total number of days completed and be sure to have your parents sign the bottom of the sheet and return to Mr Will for your prize.

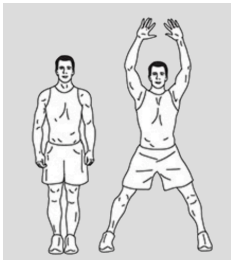
(Note: If the dog eats your homework You can find the homework Online: https://www.mrwillpe.com/pehomework.html)

This Month's Daily Challenge

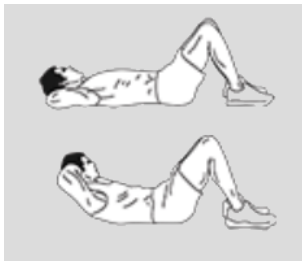


5
PUSH UPS

10
SQUATS



20
JUMPING JACKS



10
SIT UPS

5
BURPEES

Remember: To get full credit for the day you must do the full workout every day. Good Luck!