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| Name: | Teacher: |

***Directions:***

*After a student completes a day’s activity, an adult should make a check mark and initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an “X” in the space provided for a check mark (do not initial).*

***Purpose:***

*This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle.* *Each day, students are asked to complete a different activity with a family member (or with adult supervision).*

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| * Done | Day | DEAM Activity |
|  | 1 | Check the total carbs on any food label. Do that # mountain climbers. |
|  | 2 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 3 | Rake leaves. (No leaves? Do something else outside instead!) |
|  | 4 | Do as many curl-ups as you can. |
|  | 5 | Use an invisible jump rope to practice some tricks |
|  | 6 | Say your math facts while doing reverse lunges. |
|  | 7 | Take a walk. |
|  | 8 | Check how many calories are in a piece of candy. Flap your arms that #. |
|  | 9 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 10 | Play with a friend. |
|  | 11 | Do as many trunk lifts as you can. |
|  | 12 | Using an invisible jump rope, practice 10 double unders. |
|  | 13 | Do push-up shoulder taps while reciting your spelling words. |
|  | 14 | Take a walk. |
|  | 15 | Check how much salt is in ketchup. Side-slide in place that #. |
|  | 16 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 17 | Play your favorite tag game with your family. |
|  | 18 | Do as many squats as you can. |
|  | 19 | Using an invisible jump rope, do 20 straddle jumps. |
|  | 20 | Perform squat-jumps while naming the continents. |
|  | 21 | Take a walk. |
|  | 22 | Happy Thanksgiving! Try something new at dinner! |
|  | 23 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 24 | Ask your parents what you can do to help out! |
|  | 25 | Do as many push-ups as you can. |
|  | 26 | Using an invisible jump rope, practice 20 ski jumps. |
|  | 27 | Read a book while doing a wall sit. |
|  | 28 | Take a walk. |
|  | 29 | How much fat is in your favorite salad dressing? Do that # of plank jacks. |
|  | 30 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |



**Please Remember**

* Always get adult permission before doing any activity.
* Return calendar to your teacher at the end of the month.
* Gratitude is an attitude.