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| Name: | Teacher: |

***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).*

***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).*

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| * Done
 | Day | DEAM Activity |
|  | 1 | Spring into Action: Find someone to do 20 jumping jacks with you. |
|  | 2 | Say your math facts while doing reverse lunges. |
|  | 3 | Take a walk. |
|  | 4 | Did you know soda has ~39 grams of sugar? Do 39 mountain climbers. |
|  | 5 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 6 | Help a neighbor or friend with some spring cleaning! |
|  | 7 | Do as many trunk-lifts as you can. |
|  | 8 | Spring into Action: Find 2 people. Do 30 jumping jacks together. |
|  | 9 | Do push-up shoulder taps while reciting your spelling words. |
|  | 10 | Take a walk. |
|  | 11 | Did you know ice cream has ~13 grams of fat? Do 13 squat thrusts. |
|  | 12 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 13 | Using an old container, gather soil, and plant flowers seeds. |
|  | 14 | Do as many squats as you can. |
|  | 15 | Spring into Action: Find 3 people. Do 40 jumping jacks together. |
|  | 16 | Perform squat-jumps while naming the continents. |
|  | 17 | Take a walk. |
|  | 18 | Did you know donuts have ~280 calories? Jog in place for a 280 count. |
|  | 19 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 20 | Get 60 minutes of MVPA. You choose how! |
|  | 21 | Do as many push-ups as you can. |
|  | 22 | Spring into Action: Find 4 people. Do 50 jumping jacks together. |
|  | 23 | Read a book while doing a wall sit. |
|  | 24 | Take a walk. |
|  | 25 | Did you know hot dogs have ~530 mg of sodium? Raise the roof 530 times! |
|  | 26 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 27 | Invent a game and try it out! |
|  | 28 | Do as many curl-ups as you can. |
|  | 29 | Spring into Action: Find 5 people! Do 60 jumping jacks together. |
|  | 30 | Spring into Action: Find someone to do 20 jumping jacks with you. |



**Please Remember**

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