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| Name: | Teacher: |

***Directions:***

*After a student completes a day’s activity, an adult should place their initials and a check mark in the space provided. You are allowed to miss one day (activity) each week. If you do, place an “X” in the space instead of a check mark (do not initial).*

***Purpose:***

*This calendar encourages families to become more physically active and 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 | Take a walk. |
|  | 2 | A kiwi has ~60mg of vitamin C. Do 60 air punches. |
|  | 3 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 4 | Family Fun: Play your favorite physical education activity with your family. |
|  | 5 | Do as many trunk-lifts as you can. |
|  | 6 | Juggle a ball with your feet for 5 minutes. |
|  | 7 | Perform jumping jacks while naming words that start with “M.” |
|  | 8 | Take a walk. |
|  | 9 | 1 cup of broccoli has ~60mg of calcium. Do 60 air kicks. |
|  | 10 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 11 | Family Fun: Do an exercise video together |
|  | 12 | Do as many squats as you can. |
|  | 13 | Spend 5 minutes tossing and catching a ball. |
|  | 14 | Perform squats while someone calls out math problems for you to answer. |
|  | 15 | Take a walk. |
|  | 16 | Beans have ~500mg of potassium. Jog in place as you count to 500. |
|  | 17 | Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. |
|  | 18 | Family Fun: Take turns selecting an exercise to do together. |
|  | 19 | Do as many push-ups as you can. |
|  | 20 | Spend 5 minutes volleying a balloon in the air. |
|  | 21 | Hold a plank while naming all the cities that you can think of. |
|  | 22 | Take a walk and breath….YOU MADE IT TO THE END OF THE SCHOOL YEAR!! |

**Remember –** Get adult permission before doing activities.

**–** Return this calendar to your teacher when it’s done.