

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).

Done	Day	DEAM Activity
	1	Enjoy the great outdoors!
	2	Do as many curl-ups as you can.
	3	Use sidewalk chalk to make a hopscotch board.
	4	Call out words that rhyme with "pop" while you hop in place.
	5	Take a walk.
	6	June is Dairy Month. Enjoy a serving of dairy (or dairy alternative).
	7	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	8	It's National Gardening Week. Plant something!
	9	Do as many trunk-lifts as you can.
	10	Use sidewalk chalk to make a 2-square game and challenge a friend.

Please Remember

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