JANUARY Activities Fitness CALENDAR

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| **Name:** |  | **Teacher:** |  |

**Purpose:**

This calendar encourages student 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)

**Directions:**

After students complete a day’s activity, place a check mark next to the activities you completed

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| **Done** | **Day** | **DEAM Activity** |
|  | 1 | Do 10 toe Touches. |
|  | 2 | Play outside with a friend or family member. |
|  | 3 | Do as many Sit-ups as you can. |
|  | 4 | Touch your elbow to the opposite knee 15 times on each side. |
|  | 5 | March in Place for 15 seconds |
|  | 6 | Take a walk with a friend or family member. |
|  | 7 | Tell someone 3 ways that you can show a positive attitude. |
|  | 8 | 10 arm Circles |
|  | 9 | Help out around the house. |
|  | 10 | Do as many Jumps as you can. |
|  | 11 | Perform 15 mountain climbers |
|  | 12 | Do as many push-ups as you can |
|  | 13 | Take a walk with a friend or family member. |
|  | 14 | Tell someone one thing you will do to be healthy. |
|  | 15 | Do 10 I’m a star Jumps |
|  | 16 | Help with the dishes (or another chore). |
|  | 17 | Do as many Jumping Jacks as you can |
|  | 18 | Balance on each foot for a count to 50. |
|  | 19 | Perform squats while name 5 states. |
|  | 20 | Take a walk with a friend or family member. |
|  | 21 | Tell someone 2 ways you will make a difference. |
|  | 22 | Do 12 Windmills. |
|  | 23 | Help fold the laundry. |
|  | 24 | Hop on 1 foot 6 times. |
|  | 25 | Stand up Sit down 5 times from the floor. |
|  | 26 | Name as many healthy foods as you can |
|  | 27 | Take a walk with a friend or family member. |
|  | 28 | Tell someone 3 personal goals you have. |
|  | 29 | Reach to the sky or ceiling 10 times. |
|  | 30 | Choice day (you an activity to be active)! |
|  | 31 | You pick the exercise and do as many as you can. |