

# JULY

## DEAM Calendar Drop Everything And Move

**SUMMER**  
MADE for MOVEMENT

Name:

Teacher:

**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).*

**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).*

✓ Done	Day	DEAM Activity
	1	Summer Fun: Do anything you enjoy that involves MVPA.
	2	Read a book while standing or walking in place.
	3	Take a walk.
	4	Think about what you eat. Make at least 1 healthy choice today.
	5	Do some yoga today. Search YouTube for ideas.
	6	July is Picnic Month. Pack a lunch and take a hike!
	7	Do as many reps as you can of any exercise. Track your progress.
	8	Summer Fun: Do anything you enjoy that involves MVPA.
	9	Read a book while standing or walking in place.
	10	Take a walk.
	11	Think about what you eat. Make at least 2 healthy choices today.
	12	Do some yoga today. Search YouTube for ideas.
	13	July is Anti-Boredom Month. Stay active today!
	14	Do as many reps of the same exercise from July 7th. Track your progress.
	15	Summer Fun: Do anything you enjoy that involves MVPA.
	16	Read a book while standing or walking in place.
	17	Take a walk.
	18	Think about what you eat. Make at least 3 healthy choices today.
	19	Do some yoga today. Search YouTube for ideas.
	20	July is Ice Cream Month. Stay active and reward yourself with a treat!
	21	Do as many reps of the same exercise from July 7th. Track your progress.
	22	Summer Fun: Do anything you enjoy that involves MVPA.
	23	Read a book while standing or walking in place.
	24	Take a walk.
	25	Think about what you eat. Make at least 4 healthy choices today.
	26	Do some yoga today. Search YouTube for ideas.
	27	July is Blueberry Month. Remember to get 3 servings of fruit today.
	28	Do as many reps of the same exercise from July 7th. Track your progress.
	29	Summer Fun: Do anything you enjoy that involves MVPA.
	30	Read a book while standing or walking in place.
	31	Take a walk.

**Please Remember**

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