

# CIM Coursebook 04/05 Strategic Marketing in Practice

## NOVEMBER

### DEAM Calendar

**DROP EVERYTHING AND MOVE**

Name: \_\_\_\_\_  
Teacher: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
									
1 _____ Take a walk.	2 _____ Check the Total Carbs on any food label. Do that # mountain climbers.	3 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	4 _____ Rake leaves. No leaves... do something outside.	<p><b>DEAM Days!</b></p> <p>"Super Sunday" "Move More Monday" "Two-on Tuesday" "Walking Wednesday" "Think-It Thursday" "Flexibility Friday" "Sit-less Saturday"</p> <p><b>Please Remember</b></p> <p>&gt; Always get adult permission before doing any activity. &gt; Return calendar to your teacher after the month.</p> <p><b>Purpose:</b></p> <p>This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, there is an activity that each student is asked to complete with a family member (or with adult supervision).</p> <p><b>Directions:</b></p> <p>After a child completes a day's activity, the adult should initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" across that day (do not initial).</p>					
5 _____ Do as many curl-ups as you can.	6 _____ Use an invisible jump rope to practice some tricks.	7 _____ Say your math facts while doing reverse lunges.	8 _____ Take a walk.				9 _____ Check how many calories are in a piece of candy. Flap your arms that #.	10 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	11 _____ Play with a friend.
12 _____ Do as many trunk-lifts as you can.	13 _____ Using an invisible jump rope, practice ten "double unders."	14 _____ Do push-up shoulder taps while reciting your spelling words.	15 _____ Take a walk.				16 _____ Check how much salt is in ketchup. Side-slide in place that #.	17 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	18 _____ Play your favorite tag game with your family.
19 _____ Do as many squats as you can.	20 _____ Using an invisible jump rope, do 20 "straddle jumps."	21 _____ Perform squat-jumps while naming the continents.	22 _____ Take a walk.				23 _____ Happy Thanksgiving! Try something new at dinner!	24 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	25 _____ Ask your parents what you can do to help out!
26 _____ Do as many push-ups as you can.	27 _____ Using an invisible jump rope, practice twenty "ski jumps."	28 _____ Read a book while doing a wall sit.	29 _____ Take a walk.				30 _____ Check how much fat is in your favorite salad dressing. Do that # of plank jacks.		
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