

The **DREAM** **BIG** “Marathon”

To make your **BIG DREAMS** come true, you need to **BE FIT**—physically, mentally, and emotionally. Challenge yourself to **run** 26 miles, **read** 26 books, and **do** 26 acts of kindness in 26 weeks!

RUN! 26 MILES - Try running or walking just a mile at a time.

- Check with your doctor first to make sure you’re healthy and then *get moving!*
- Always run with a buddy, parent or adult.
- Try running around a track. Find out how many laps equal one mile.
- Stretch before and after each run.
- Find a local road race and join in. It’s more fun to run with lots of people!

READ! 26 BOOKS

- For ideas on great books for any age or interest go to: Scholastic.com.
- Just learning to read? Have an adult read to you.
- Reading chapter books? Aim for 10 pages a day or about 70 pages a week.
- Ask your friends, teachers and parents for book recommendations.
- Ask a librarian to recommend popular book series to read. If you like the first one, there are more to enjoy!

REACH OUT! 26 ACTS OF BIG-HEARTED KINDNESS -

For a list of creative acts of kindness, check out *The Joseph Middlemiss Big Heart Foundation* at JMBigHeart.org.

- Start at home! What kind thing can you do for your family today? These should be kind acts above and beyond your normal chores.
- Think about your school. Who needs a friend? How can you be helpful to your teacher or principal?
- Love animals? Find an animal shelter that needs a helping hand.
- How can you help your neighborhood or town?

THE FINISH LINE! - When you complete 26 miles, 26 books and 26 acts of kindness, Dave will send you an official Dream Big Marathon Race Medal!

HERE'S HOW!

Send in 2 things:

- Your completed record sheet (with your name and address printed clearly)
- \$5.00 (Your check or money order should be made out to:
The DMSE Children's Fitness Foundation)

Send to:

Dream Big Marathon
77 Bear Hill Road
North Andover, MA 01845

All profits are donated to The DMSE Children's Fitness Foundation & The Joseph Middlemiss Big Heart Foundation

QUESTIONS?

What if I finish in fewer than 26 weeks? Great! Send in your completed record sheet with your name, address, and \$5.00 to receive your medal. Being active, reading, and kindness last a lifetime. Keep up the good work!

What if I'm unable to run? No problem! If you can't run or walk, think of an exercise you can do to be more fit. Just record your exercise on your recording sheet. Remember: "Sometimes you have to find a different way."

More Questions? DreamBigMarathon@gmail.com

Website: DreamBigWithDave.org

Teachers, contact us for information on discounts for classroom orders.

The **DREAM BIG** "Marathon"

| 26 MILES | 26 BOOKS | 26 KIND ACTS |
|---------------|----------|--------------|
| Mile #1 Date: | Title: | Act: |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |
| 8 | | |
| 9 | | |
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| 22 | | |
| 23 | | |
| 24 | | |
| 25 | | |
| 26 | | |

Name

Address