

# 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](http://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](http://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](mailto:DreamBigMarathon@gmail.com)

**Website:** [DreamBigWithDave.org](http://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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11		
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23		
24		
25		
26		

Name

Address