At Home Learning Packet

Directions:  1. Complete the Physical Activity and Nutrition journal for the week.

2. Answer the questions on page 2.

*\* You may submit a digital format via livegrades or turn in a hard copy.*

**Physical Activity**  Resources: <https://darebee.com/>

|  |  |
| --- | --- |
| **DAY** | **Describe the Physical Activity or Activities : 60 Minutes**  (ex. walking, running, riding a bike, yoga, strength training, etc.). |
| DAY 1 |  |
| DAY 2 |  |
| DAY 3 |  |
| DAY 4 |  |
| DAY 5 |  |

**Nutrition** (Encourage your family to follow the nutrition guidelines on [www.myplate.gov](http://www.myplate.gov)

|  |  |  |  |
| --- | --- | --- | --- |
| **DAY** | **Breakfast** | **Lunch** | **Dinner** |
| DAY 1 |  |  |  |
| DAY 2 |  |  |  |
| DAY 3 |  |  |  |
| DAY 4 |  |  |  |
| DAY 5 |  |  |  |

Journal Reflection Questions

1. What were your biggest challenges this week for physical activity and nutrition?
2. How can you improve for next week?
3. What were your biggest successes this week for physical activity and nutrition?