**Snow Packet**

**PE/Health**

**This is for SNOW PACKET 11-16**

Directions: Participate in a physical activity for at least 60 minutes (ex. Walking, bike riding, yard work, etc.) Try to incorporate coordination (ex. Juggling, balance, tennis ball drills off of a wall etc.)

Keep track of what and how much you eat during the day using a journal or any other way you feel is easiest. (Smartphone apps)

Answer the following questions, and submit through Livegrades.

\*Make sure to include the date.\*

1. Describe the activity and how it impacted your physical, mental/emotional, and social health.

2. List the foods/meals you ate during the day. Did you meet the myplate.gov recommendations? Why or why not?