**ACTIVE HOME PHYSICAL EDUCATION: MIDDLE SCHOOL FITNESS FORWARD**

Complete the activity with a friend or family member. Don’t forget to log your daily physical activity time.

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|  | **DAY 1** | **DAY 2** | **DAY 3** | **DAY 4** | **DAY 5** |
| **My Learning Goals** | I will complete days 29 and 30 of the HIIT Challenge in order to follow my fitness plan. | I will use the Fitness Forward choice board to stay active and healthy. | I will work to support the wellness goals of my family and friends. | I will choose nutrition options from the Fitness Forward choice board to improve my overall wellness. | I will reflect on the relationship between physical activity, good nutrition, and emotional health. |
| **Today’s Vocabulary** | **fitness plan**  A course of action to reach a desired level of fitness, typically including an exercise schedule and approach to nutrition. | **CHOICE BOARD**  A chart of exercises, activities, or learning taks providing options that students can choose from in completion of an assignment. | **Support**  To give assistance. To empower another through help or encouragement. | **Wellness**  A state of being in good health. | **Relationship**  The way in which two or more people (places, things, objects) are connected. |
| **Warm-Up Activity** | [Healer](https://darebee.com/pdf/workouts/healer-workout.pdf) Warm-Up  (Darebee.com) | [Healer](https://darebee.com/pdf/workouts/healer-workout.pdf) Warm-Up  (Darebee.com) | [Healer](https://darebee.com/pdf/workouts/healer-workout.pdf) Warm-Up  (Darebee.com) | [Healer](https://darebee.com/pdf/workouts/healer-workout.pdf) Warm-Up  (Darebee.com) | [Healer](https://darebee.com/pdf/workouts/healer-workout.pdf) Warm-Up  (Darebee.com) |
| **Learning Focus Activity** | **Activity 1:**  [30 Days of HIIT](https://darebee.com/pdf/programs/30-days-of-hiit.pdf) (DAY 29) | **Activity 2:**  [30 Days of HIIT](https://darebee.com/pdf/programs/30-days-of-hiit.pdf) (DAY 30) | **Activity 3:**  [Fitness Forward Choice Board](https://openphysed.org/wp-content/uploads/2020/03/AX-MSHS-CHOICE-FitnessForward-ChoiceBoard-Week12.pdf) | **Activity 4:**  [Fitness Forward Choice Board](https://openphysed.org/wp-content/uploads/2020/03/AX-MSHS-CHOICE-FitnessForward-ChoiceBoard-Week12.pdf) | **Activity 5:**  [Fitness Forward Choice Board](https://openphysed.org/wp-content/uploads/2020/03/AX-MSHS-CHOICE-FitnessForward-ChoiceBoard-Week12.pdf) |
| **Daily Movement Activity** | [Darebee Yoga Flow](https://darebee.com/pdf/workouts/yoga-flow-workout.pdf) | [Darebee Yoga Flow](https://darebee.com/pdf/workouts/yoga-flow-workout.pdf) | [Darebee Yoga Flow](https://darebee.com/pdf/workouts/yoga-flow-workout.pdf) | [Darebee Yoga Flow](https://darebee.com/pdf/workouts/yoga-flow-workout.pdf) | [Darebee Yoga Flow](https://darebee.com/pdf/workouts/yoga-flow-workout.pdf) |
| **Refocus** | Choose a  [Guided Meditation](http://mindfulnessforteens.com/guided-meditations/) | Choose a  [Guided Meditation](http://mindfulnessforteens.com/guided-meditations/) | Choose a  [Guided Meditation](http://mindfulnessforteens.com/guided-meditations/) | Choose a  [Guided Meditation](http://mindfulnessforteens.com/guided-meditations/) | Choose a  [Guided Meditation](http://mindfulnessforteens.com/guided-meditations/) |
| **Did You Complete the Fitness Log?** | **Yes or No** | **Yes or No** | **Yes or No** | **Yes or No** | **Yes or No** |
| **How am I feeling today?** |  |  |  |  |  |