*Week 1*

**Give a thumb to give your answer.**

|  |  |
| --- | --- |
| * Do you know anyone that can help you be physically active every day? * Do you know any physical activities that are good for your health? |  |
|  |
|  |
|  |  |
| * Do you know how to practice equal breathing? * Do you know when it is helpful to practice equal breathing? |  |
|  |
|  |

*We can always get better! What can we do the next time we meet to improve?*

*Week 2*

**Give a thumb to give your answer.**

|  |  |
| --- | --- |
| * Do you know what the 5 food groups are? * Can you name at least 1 food from each group? | A close up of a sign  Description automatically generated |
| A close up of a sign  Description automatically generated |
| A close up of a sign  Description automatically generated |
|  |  |
| * Can you recognize nervousness? * Can you practice breathing to help improve your nervousness? | A close up of a sign  Description automatically generated |
| A close up of a sign  Description automatically generated |
| A close up of a sign  Description automatically generated |

*We can always get better! What can we do the next time we meet to improve?*

*Week 3*

**Give a thumb to give your answer.**

|  |  |
| --- | --- |
| * Do you know what HIIT Training is? * Can you create your own HIIT Training routine? | A close up of a sign  Description automatically generated |
| A close up of a sign  Description automatically generated |
| A close up of a sign  Description automatically generated |
|  |  |
| * Did you act in a responsible way during class today? * Will you be helpful and responsible at home? | A close up of a sign  Description automatically generated |
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| A close up of a sign  Description automatically generated |

*We can always get better! What can we do the next time we meet to improve?*