*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?
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|  |  |
| * Can you recognize nervousness?
* Can you practice breathing to help improve your nervousness?
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*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?
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|  |  |
| * Did you act in a responsible way during class today?
* Will you be helpful and responsible at home?
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*We can always get better! What can we do the next time we meet to improve?*