

Getting Active for a Healthier You Outline

Name: _____

Outcome: 3.17 examine a sampling of physical activities, identify one and set personal goals related to including it as part of a weekly activity/experience

For this assignment, you'll be creating a journal to keep track of your weekly physical activity.

- Can be a video journal, blog, podcast or other format if you have something in mind.
- Must be uploaded to your Google for Education account so that I have access throughout the term.
- Should have at least one entry per week but can have more if you'd like to submit more.



Getting Active for a Healthier You Outline

Name: _____

Outcome: 3.17 examine a sampling of physical activities, identify one and set personal goals related to including it as part of a weekly activity/experience

For this assignment, you'll be creating a journal to keep track of your weekly physical activity.

- Can be a video journal, blog, podcast or other format if you have something in mind.
- Must be uploaded to your Google for Education account so that I have access throughout the term.
- Should have at least one entry per week but can have more if you'd like to submit more.



Getting Active for a Healthier You Outline

Name: _____

Outcome: 3.17 examine a sampling of physical activities, identify one and set personal goals related to including it as part of a weekly activity/experience

For this assignment, you'll be creating a journal to keep track of your weekly physical activity.

- Can be a video journal, blog, podcast or other format if you have something in mind.
- Must be uploaded to your Google for Education account so that I have access throughout the term.
- Should have at least one entry per week but can have more if you'd like to submit more.

