Weekly Assignments:

* April 11, 2020 - Monday – Weekly Goals:

Each student will share their weekly goals in 50 words or more according to fitness, education, self-mental health (how are you going to improve your stress levels, motivation, self-love etc.), and nutrition.

* + You will submit this by way of form submission below.
  + If you are unable send it to my email address [kefla.hare@cobbk12.org](mailto:kefla.hare@cobbk12.org)
* April 12, 2020 - Tuesday – Self Discovery:

Read any article about Stress; have a healthy discussion with someone; friend or family about what you read and how this or if this applies to you.

* April 13, 2020 - Wednesday – Self Discovery:

Read 2-3 articles about the benefits of exercise and the recommended amounts.

* + Read more than 2 articles because you need to learn that not all information is good information. I want you to learn to decipher between valid and invalid information.
* April 14, 2020 - Thursday – Current Event:

I will post a Current Event or Health Story that I want you to read and answer the questions below under the tap Current Event Questions. Please make sure you are answering in complete sentences.

* + Submit work through form submission.
* April 15, 2020 - Friday – Health Preview:

I will post a link to a YouTube video on a health topic of my choice for you to view that will be beneficial to the lessons we are/will learn from. Be prepared to share the following week in a paragraph response based off of any question I may asked in relation to the video.

Happy Learning!

Coach Hare