# Weekly Assignments:

* April 20, 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” on the Web Site.
  + If you are unable send it to my email address [kefla.hare@cobbk12.org](mailto:kefla.hare@cobbk12.org)
* April 21, 2020 - Tuesday – Self Discovery:

Read any article about Teenage Burnout. You may find that there are two categories in terms of Teenage Burnout; school and sports. Have a healthy discussion with someone; friend or family about what you read and how this or if this applies to you.

* April 22, 2020 - Wednesday – Self Discovery:

Read 2-3 articles about the Fad Diets. During times of Quarantine many have decided to exercise more and practice healthier eating habits. The internet is filled with “What To’s and How To’s”. Explore the term Fad Diet and discuss the Pro’s and Con’s with a parent, friend, or sibling.

* + 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 23, 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 24, 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