Virtual PE Week 3: Nov 2 – Nov 6

This week’s schedule:

* Everyone will come to class on Monday, Thursday, and Friday.
  + Monday – turn in last week’s work & get new assignment
  + Thursday – quick check-in on progress
  + Friday – turn in this week’s assignment

Directions:

* Log your physical activity from Monday – Thursday.
* Your goal is to be active for a minimum of 30-60 minutes per day.
  + Remember, these minutes don’t have to be consecutive – you can break up the time during the day.
  + You don’t have to do 3 activities in one day either. You might only do 1-2, depending on your lifestyle.
* Also, track your ounces of water consumed each day and hours slept.
  + Remember, your goal is to drink a minimum of half your weight in ounces. Try to avoid reaching for the sodas and juices this week.
  + For reference: 8 oz = 1 cup

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| **Day** | **Activity 1** | **Activity 2** | **Activity 3** | **Water** | **Sleep** |
| **Sample Day** | Darebee Candy Crusher Workout  15 Mins | Yoga Video  15 Mins | Walk with Family  30 minutes | 65 oz | 9 hours |
| **Monday** |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |