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| MondayHealthIntroduciton | TuesdayWarm-upActivity:Weights  | WednesdayHealthAssignment about yourself | ThursdayWarm-upActivity:  Weights | FridayHealthIntro to Health |
| MondayHealthChapter 1  | TuesdayWarm-upActivity: Weights | WednesdayHealthFinish reading Chapter 1 | ThursdayWarm-upActivity: Weights | FridayHealthChapter 1 Worksheet |

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| MondayHealthFinish Ch 1 Worksheet | TuesdayWarm-upActivity:Weights  | WednesdayHealthVideo | ThursdayWarm-upActivity:  Weights | FridayHealthCh 1 review  |
| MondayHealthChapter 1 test  | TuesdayWarm-upActivity: Weights | WednesdayHealthGo over test | ThursdayWarm-upActivity: Weights | FridayHealthRead Chapter 5 |

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| MondayHealthFinish reading chapter 5 | TuesdayWarm-upActivity:Weights  | WednesdayHealthCh 5 assignment | ThursdayWarm-upActivity:  Weights | FridayHealthFinish Chp 5 assignment |
| MondayHealthChapter 5 Review | TuesdayWarm-upActivity: Weights | WednesdayHealthCh 5 Test | ThursdayWarm-upActivity: Weights | FridayHealthGo over Ch 5 test |

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| MondayHealthRead Ch 10 | TuesdayWarm-upActivity:Weights  | WednesdayHealthFinish reading Ch 10 | ThursdayWarm-upActivity:  Weights | FridayHealthChapter 10 Assignment |
| MondayHealthChapter 10 Review | TuesdayWarm-upActivity: Weights | WednesdayHealthCh 10 test | ThursdayWarm-upActivity: Weights | FridayHealthGo over test |

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| MondayHealthCh 11 | TuesdayWarm-upActivity:Weights  | WednesdayHealthFinish reading ch 11 | ThursdayWarm-upActivity:  Weights | FridayHealthCh 11 assignment |
| MondayHealthChapter 11 review  | TuesdayWarm-upActivity: Weights | WednesdayHealthCh 10 test | ThursdayWarm-upActivity: Weights | FridayHealthGo over ch 11 and start ch 12 |

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| MondayHealthFinish reading ch 12 | TuesdayWarm-upActivity:Weights  | WednesdayHealthCh 12 Assignment | ThursdayWarm-upActivity:  Weights | FridayHealthCh 12 review |
| MondayHealthChapter 12 test | TuesdayWarm-upActivity: Weights | WednesdayHealthGo over Ch 12 test | ThursdayWarm-upActivity: Weights | FridayHealthRead ch 13 |

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| MondayHealthFinish reading CH 13 | TuesdayWarm-upActivity:Weights  | WednesdayHealthVideo | ThursdayWarm-upActivity:  Weights | FridayHealthVideo |
| MondayHealthChapter 13 assignment | TuesdayWarm-upActivity: Weights | WednesdayHealthFinish ch 13 assignment | ThursdayWarm-upActivity: Weights | FridayHealthChapter 13 review |

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| MondayHealth Ch 13 test | TuesdayWarm-upActivity:Weights  | WednesdayHealthGo over ch 13 test | ThursdayWarm-upActivity:  Weights | FridayHealthSupersize Me Moview |
| MondayHealthSupersize me movie | TuesdayWarm-upActivity: Weights | WednesdayHealthSupersize me movie | ThursdayWarm-upActivity: Weights | FridayHealthSupersize Me assignment |

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| MondayHealthRead Ch 14 | TuesdayWarm-upActivity:Weights  | WednesdayHealthFinish reading ch 14 | ThursdayWarm-upActivity:  Weights | FridayHealthCh 14 assignment |
| MondayHealthChapter 14 assignment | TuesdayWarm-upActivity: Weights | WednesdayHealthCh 14 review | ThursdayWarm-upActivity: Weights | FridayHealthChapter 14 test |

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| MondayHealthGo over ch 14 test | TuesdayWarm-upActivity:Weights  | WednesdayHealthRead ch 15 | ThursdayWarm-upActivity:  Weights | FridayHealthFinish reading ch 15 |
| MondayHealthChapter 15 assignment | TuesdayWarm-upActivity: Weights | WednesdayHealthFinish ch 15 assignment | ThursdayWarm-upActivity: Weights | FridayHealthChapter 15 review |

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| MondayHealthCh 15 review | TuesdayWarm-upActivity:Weights  | WednesdayHealthCh 15 test | ThursdayWarm-upActivity:  Weights | FridayHealthGo over ch 15 test |
| MondayHealthChapter 16 | TuesdayWarm-upActivity: Weights | WednesdayHealthFinish reading Chapter 16 | ThursdayWarm-upActivity: Weights | FridayHealthChapter 16 Worksheet |

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| MondayHealthFinish Ch 16 worksheet | TuesdayWarm-upActivity:Weights  | WednesdayHealthVideo | ThursdayWarm-upActivity:  Weights | FridayHealthVideo |
| MondayHealthChapter 16 review | TuesdayWarm-upActivity: Weights | WednesdayHealth16 test | ThursdayWarm-upActivity: Weights | FridayHealthCh 16 test review |

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| MondayHealthPowerpoint assignment | TuesdayWarm-upActivity:Weights  | WednesdayHealthPowerpoint assignment | ThursdayWarm-upActivity:  Weights | FridayHealthPowerpoint assignment |
| MondayHealthPowerpoint presentation | TuesdayWarm-upActivity: Weights | WednesdayHealthFinish reading Powerpoint Presentation | ThursdayWarm-upActivity: Weights | FridayHealthPowerpoint Presentation |

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| MondayHealthIntroduciton | TuesdayWarm-upActivity:Weights  | WednesdayHealthAssignment about yourself | ThursdayWarm-upActivity:  Weights | FridayHealthIntro to Health |
| MondayHealthChapter 1  | TuesdayWarm-upActivity: Weights | WednesdayHealthFinish reading Chapter 1 | ThursdayWarm-upActivity: Weights | FridayHealthChapter 1 Worksheet |

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| MondayHealthIntroduciton | TuesdayWarm-upActivity:Weights  | WednesdayHealthAssignment about yourself | ThursdayWarm-upActivity:  Weights | FridayHealthIntro to Health |
| MondayHealthChapter 1  | TuesdayWarm-upActivity: Weights | WednesdayHealthFinish reading Chapter 1 | ThursdayWarm-upActivity: Weights | FridayHealthChapter 1 Worksheet |

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| MondayHealthChap 17 | TuesdayWarm-upActivity:Weights  | WednesdayHealthFinish reading ch 17 | ThursdayWarm-upActivity:  Weights | FridayHealth8 to Great |
| MondayHealthChapter 17 assignment  | TuesdayWarm-upActivity: Weights | WednesdayHealthFinish ch 17 assignment | ThursdayWarm-upActivity: Weights | FridayHealth8 to great |

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| MondayHealthCh 17 review | TuesdayWarm-upActivity:Weights  | WednesdayHealthCh 17 test | ThursdayWarm-upActivity:  Weights | FridayHealth8 to great |
| MondayHealthReview ch 17 test | TuesdayWarm-upActivity: Weights | WednesdayHealthvideo | ThursdayWarm-upActivity: Weights | FridayHealth8 to great |

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| MondayHealthRead chapter 19 | TuesdayWarm-upActivity:Weights  | WednesdayHealthRead chapter 20 | ThursdayWarm-upActivity:  Weights | FridayHealth8 to great |
| MondayPLT4M Nutrition | TuesdayWarm-upActivity: Weights | WednesdayHealthPLT4M nutrition | ThursdayWarm-upActivity: Weights | Friday8 to great8 to great |