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| Monday  Health  Introduciton | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Assignment about yourself | Thursday  Warm-up  Activity:  Weights | Friday  Health  Intro to Health |
| Monday  Health  Chapter 1 | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Finish reading Chapter 1 | Thursday  Warm-up  Activity:  Weights | Friday  Health  Chapter 1 Worksheet |

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| Monday  Health  Finish Ch 1 Worksheet | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Video | Thursday  Warm-up  Activity:  Weights | Friday  Health  Ch 1 review |
| Monday  Health  Chapter 1 test | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Go over test | Thursday  Warm-up  Activity:  Weights | Friday  Health  Read Chapter 5 |

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| Monday  Health  Finish reading chapter 5 | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Ch 5 assignment | Thursday  Warm-up  Activity:  Weights | Friday  Health  Finish Chp 5 assignment |
| Monday  Health  Chapter 5 Review | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Ch 5 Test | Thursday  Warm-up  Activity:  Weights | Friday  Health  Go over Ch 5 test |

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| Monday  Health  Read Ch 10 | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Finish reading Ch 10 | Thursday  Warm-up  Activity:  Weights | Friday  Health  Chapter 10 Assignment |
| Monday  Health  Chapter 10 Review | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Ch 10 test | Thursday  Warm-up  Activity:  Weights | Friday  Health  Go over test |

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| Monday  Health  Ch 11 | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Finish reading ch 11 | Thursday  Warm-up  Activity:  Weights | Friday  Health  Ch 11 assignment |
| Monday  Health  Chapter 11 review | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Ch 10 test | Thursday  Warm-up  Activity:  Weights | Friday  Health  Go over ch 11 and start ch 12 |

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| Monday  Health  Finish reading ch 12 | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Ch 12 Assignment | Thursday  Warm-up  Activity:  Weights | Friday  Health  Ch 12 review |
| Monday  Health  Chapter 12 test | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Go over Ch 12 test | Thursday  Warm-up  Activity:  Weights | Friday  Health  Read ch 13 |

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| Monday  Health  Finish reading CH 13 | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Video | Thursday  Warm-up  Activity:  Weights | Friday  Health  Video |
| Monday  Health  Chapter 13 assignment | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Finish ch 13 assignment | Thursday  Warm-up  Activity:  Weights | Friday  Health  Chapter 13 review |

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| Monday  Health  Ch 13 test | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Go over ch 13 test | Thursday  Warm-up  Activity:  Weights | Friday  Health  Supersize Me Moview |
| Monday  Health  Supersize me movie | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Supersize me movie | Thursday  Warm-up  Activity:  Weights | Friday  Health  Supersize Me assignment |

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| Monday  Health  Read Ch 14 | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Finish reading ch 14 | Thursday  Warm-up  Activity:  Weights | Friday  Health  Ch 14 assignment |
| Monday  Health  Chapter 14 assignment | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Ch 14 review | Thursday  Warm-up  Activity:  Weights | Friday  Health  Chapter 14 test |

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| Monday  Health  Go over ch 14 test | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Read ch 15 | Thursday  Warm-up  Activity:  Weights | Friday  Health  Finish reading ch 15 |
| Monday  Health  Chapter 15 assignment | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Finish ch 15 assignment | Thursday  Warm-up  Activity:  Weights | Friday  Health  Chapter 15 review |

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| Monday  Health  Ch 15 review | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Ch 15 test | Thursday  Warm-up  Activity:  Weights | Friday  Health  Go over ch 15 test |
| Monday  Health  Chapter 16 | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Finish reading Chapter 16 | Thursday  Warm-up  Activity:  Weights | Friday  Health  Chapter 16 Worksheet |

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| Monday  Health  Finish Ch 16 worksheet | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Video | Thursday  Warm-up  Activity:  Weights | Friday  Health  Video |
| Monday  Health  Chapter 16 review | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  16 test | Thursday  Warm-up  Activity:  Weights | Friday  Health  Ch 16 test review |

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| Monday  Health  Powerpoint assignment | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Powerpoint assignment | Thursday  Warm-up  Activity:  Weights | Friday  Health  Powerpoint assignment |
| Monday  Health  Powerpoint presentation | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Finish reading  Powerpoint Presentation | Thursday  Warm-up  Activity:  Weights | Friday  Health  Powerpoint Presentation |

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| Monday  Health  Introduciton | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Assignment about yourself | Thursday  Warm-up  Activity:  Weights | Friday  Health  Intro to Health |
| Monday  Health  Chapter 1 | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Finish reading Chapter 1 | Thursday  Warm-up  Activity:  Weights | Friday  Health  Chapter 1 Worksheet |

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| Monday  Health  Introduciton | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Assignment about yourself | Thursday  Warm-up  Activity:  Weights | Friday  Health  Intro to Health |
| Monday  Health  Chapter 1 | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Finish reading Chapter 1 | Thursday  Warm-up  Activity:  Weights | Friday  Health  Chapter 1 Worksheet |

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| Monday  Health  Chap 17 | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Finish reading ch 17 | Thursday  Warm-up  Activity:  Weights | Friday  Health  8 to Great |
| Monday  Health  Chapter 17 assignment | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Finish ch 17 assignment | Thursday  Warm-up  Activity:  Weights | Friday  Health  8 to great |

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| Monday  Health  Ch 17 review | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Ch 17 test | Thursday  Warm-up  Activity:  Weights | Friday  Health  8 to great |
| Monday  Health  Review ch 17 test | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  video | Thursday  Warm-up  Activity:  Weights | Friday  Health  8 to great |

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| Monday  Health  Read chapter 19 | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  Read chapter 20 | Thursday  Warm-up  Activity:  Weights | Friday  Health  8 to great |
| Monday  PLT4M Nutrition | Tuesday  Warm-up  Activity:  Weights | Wednesday  Health  PLT4M nutrition | Thursday  Warm-up  Activity:  Weights | Friday  8 to great  8 to great |