**High school P.E. Instructional Packet Assignments Days 11-16**

**Name:**

**Days 11-16**

**Directions:** Participate in a physical activity for at least **60 minutes** (ex. Walking, biking, running, any kind of training). Answer the following questions on a separate sheet of paper or submit through live grades for **each day** missed.

Describe how the physical activity positively impacted your physical/ mental/ and social health.

List the foods you ate during the day. List the calories of the foods that you ate for 1 meal. Did you meet the myplate.gov recommendations?

What can you do to ensure that you are meeting those recommendations?