**Health Instructional Packet Form 6th-9th grade days 27-31**

**Name:**

**Directions:** This week are going to focusing on short term goal setting. We must set specific short term goals when choosing to become active**. A short-term goal is a goal that you want to accomplish in a short amount of time. So, for each day, list a daily short term fitness goal. For example, “today by 5 P.M., I will have exercised for 60 minutes by doing 3 sets of 30 jumping jacks” and taking a nature walk. I am requiring that you at least spend 60 minutes of each day being active. This can be a light to intense physical activity. The choice of physical activity is yours. Each day, after you write your short term goal, answer the following questions:**

**What physical activity did you choose to engage in?**

**Why would you encourage others to engage in the particular activity that you chose?**

**List the amount of carbohydrates, fats, and protein for an entire meal that you ate. Was this a healthy meal? Why or why not.**