3rd Grade – 5th Grade Parents and Students,

Students are required to complete a Physical Education Journal for 1 week each Marking Period. We will be learning a lot about physical activity, eating healthy, and getting an appropriate amount of sleep. Each student will keep a 5-day log. Below you will see the due dates and a template that should be used each time an entry is completed. I have also placed an example journal log. This journal will be given to each students during their 3rd visit. It is the students responsible to keep up with their journal for the entire year.

**GOOGLE CLASSROOM**: Students may also complete the journal through Google Classrooms. To join a class please visit <http://josephsauerspe.weebly.com/physical-activity-log.html> to learn more. It is really easy. Students can complete the journal any week they choose during the marking period, as long as it is done prior to the due date.

**WHEN WILL I CHECK JOURNALS?** I will check journals on the day the students come to PE. (i.e. If the journal is due on September 25th, I will start checking the journals on that day, but since I do not see all students on that day I will check their journal the first day they come to PE after the 25th.) Students do not need to bring journals to me on the due date. I will only check when **their class** comes to PE at their scheduled time.

If you have any questions Please E-mail, Call, and/or visit my webpage at <http://josephsauerspe.weebly.com>

Due Date: This is the same day progress reports go home.

1st Marking Period: September 15th
2nd Marking Period: November 8th
3rd Marking Period: February 2rd
4th Marking Period: April 13th (Could change due to GMAS Testing)

Google Classroom Set up:

1. Log in to Google Classrooms
2. Click plus sign in the top right of page (+) .
3. Click Join Class
4. Enter Class Code to Join (Get your classes code from the following link: <http://josephsauerspe.weebly.com/physical-education-journal.html>

Joseph Sauers
PE Teacher
E-mail: joseph.sauers@sccpss.com

By signing below you are confirming that you understand and accept the requirements for the Physical Activity Log. If you have any questions please contact Mr. Sauers. Thank you.

Students Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Students Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parents Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parents Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **EXAMPLE LOG** |
| **Day 1: August 1, 2017**  |
| **Breakfast:** Cereal | **Lunch:** Turkey Sandwich, apple, potato chips. | **Dinner:** Chicken mozzarella, green beans, rice, and a salad. | **Snacks:** Granola Bar |
| **Water (Cups):****Color in water drop for ever cup that you drink** | **http://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.png** | **How did you sleep?****https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png** | **Exercise (minutes):**

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| **65** |

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| **Day 2: August 2, 2017**  |
| **Breakfast:** Pop tarts (2) and milk | **Lunch:** Salad | **Dinner:** Fish Tacos with chips and salsa | **Snacks:** Apple, granola bar. |
| **Water (Cups):****Color in water drop for ever cup that you drink** | **http://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.png** | **How did you sleep?****https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png** | **Exercise (minutes):**

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| **120** |

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| **Day 3: August 3, 2017**  |
| **Breakfast:** Oatmeal  | **Lunch:** Salad | **Dinner:** Pepperoni Pizza | **Snacks:** Chips |
| **Water (Cups):****Color in water drop for ever cup that you drink** | **http://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.png** | **How did you sleep?****https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png** | **Exercise (minutes):**

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| **75** |

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| **Day 4: August 4, 2017**  |
| **Breakfast:** Smoothie | **Lunch:** Left over Pepperoni Pizza | **Dinner:** Shrimp Quisidillas from Cancun Mexican Restaurant | **Snacks:** Did not have one. |
| **Water (Cups):****Color in water drop for ever cup that you drink** | **http://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.png** | **How did you sleep?****https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png** | **Exercise (minutes):**

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| **72** |

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| **Day 5: August 5, 2017**  |
| **Breakfast:** Waffles and Milk | **Lunch:** Salad | **Dinner:** Hamburger, Salad, and Mac and Cheese. | **Snacks:** Graham Crackers |
| **Water (Cups):****Color in water drop for ever cup that you drink** | **http://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.png** | **How did you sleep?****https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png** | **Exercise (minutes):**

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| **80** |

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| **Review** |
| **Did you drink at least 8 glasses of water every day?** NO | **Did you Exercise at least 60 minutes every day?** YES | **Did you eat healthy snacks?** YES | **Could you have done something better? If so what?** Could have had more water |

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| **1st Marking Period Journal – DUE SEPTEMBER 15th** |
| **Day 1:**  |
| **Breakfast:** | **Lunch:**  | **Dinner:**  | **Snacks:**  |
| **Water (Cups):****Color in water drop for ever cup that you drink** |  **http://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.png** | **How did you sleep?****https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png** | **Exercise (minutes):**

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| **Day 2:**  |
| **Breakfast:** | **Lunch:**  | **Dinner:**  | **Snacks:**  |
| **Water (Cups):****Color in water drop for ever cup that you drink** |  **http://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.png** | **How did you sleep?****https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png** | **Exercise (minutes):**

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| **Day 3:** |
| **Breakfast:** | **Lunch:**  | **Dinner:**  | **Snacks:**  |
| **Water (Cups):****Color in water drop for ever cup that you drink** |  **http://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.png** | **How did you sleep?****https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png** | **Exercise (minutes):**

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| **Day 4:**  |
| **Breakfast:** | **Lunch:**  | **Dinner:**  | **Snacks:**  |
| **Water (Cups):****Color in water drop for ever cup that you drink** |  **http://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.png** | **How did you sleep?****https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png** | **Exercise (minutes):**

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| **Day 5:**  |
| **Breakfast:** | **Lunch:**  | **Dinner:**  | **Snacks:**  |
| **Water (Cups):****Color in water drop for ever cup that you drink** |  **http://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.png** | **How did you sleep?****https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png** | **Exercise (minutes):**

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| **Review** |
| **Did you drink at least 8 glasses of water every day?**  | **Did you Exercise at least 60 minutes every day?**  | **Did you eat healthy snacks?** | **Could you have done something better? If so what?** |

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| **2nd Marking Period Journal – DUE NOVEMBER 8th** |
| **Day 1:**  |
| **Breakfast:** | **Lunch:**  | **Dinner:**  | **Snacks:**  |
| **Water (Cups):****Color in water drop for ever cup that you drink** |  **http://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.png** | **How did you sleep?****https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png** | **Exercise (minutes):**

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| **Day 2:**  |
| **Breakfast:** | **Lunch:**  | **Dinner:**  | **Snacks:**  |
| **Water (Cups):****Color in water drop for ever cup that you drink** |  **http://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.png** | **How did you sleep?****https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png** | **Exercise (minutes):**

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| **Day 3:** |
| **Breakfast:** | **Lunch:**  | **Dinner:**  | **Snacks:**  |
| **Water (Cups):****Color in water drop for ever cup that you drink** |  **http://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.png** | **How did you sleep?****https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png** | **Exercise (minutes):**

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| **Day 4:**  |
| **Breakfast:** | **Lunch:**  | **Dinner:**  | **Snacks:**  |
| **Water (Cups):****Color in water drop for ever cup that you drink** |  **http://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.png** | **How did you sleep?****https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png** | **Exercise (minutes):**

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| **Day 5:**  |
| **Breakfast:** | **Lunch:**  | **Dinner:**  | **Snacks:**  |
| **Water (Cups):****Color in water drop for ever cup that you drink** |  **http://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.png** | **How did you sleep?****https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png** | **Exercise (minutes):**

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| **Review** |
| **Did you drink at least 8 glasses of water every day?**  | **Did you Exercise at least 60 minutes every day?**  | **Did you eat healthy snacks?** | **Could you have done something better? If so what?** |

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| **3rd Marking Period Journal – DUE FEBRUARY 2nd** |
| **Day 1:**  |
| **Breakfast:** | **Lunch:**  | **Dinner:**  | **Snacks:**  |
| **Water (Cups):****Color in water drop for ever cup that you drink** |  **http://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.png** | **How did you sleep?****https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png** | **Exercise (minutes):**

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| **Day 2:**  |
| **Breakfast:** | **Lunch:**  | **Dinner:**  | **Snacks:**  |
| **Water (Cups):****Color in water drop for ever cup that you drink** |  **http://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.png** | **How did you sleep?****https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png** | **Exercise (minutes):**

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| **Day 3:** |
| **Breakfast:** | **Lunch:**  | **Dinner:**  | **Snacks:**  |
| **Water (Cups):****Color in water drop for ever cup that you drink** |  **http://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.png** | **How did you sleep?****https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png** | **Exercise (minutes):**

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| **Day 4:**  |
| **Breakfast:** | **Lunch:**  | **Dinner:**  | **Snacks:**  |
| **Water (Cups):****Color in water drop for ever cup that you drink** |  **http://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.png** | **How did you sleep?****https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png** | **Exercise (minutes):**

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| **Day 5:**  |
| **Breakfast:** | **Lunch:**  | **Dinner:**  | **Snacks:**  |
| **Water (Cups):****Color in water drop for ever cup that you drink** |  **http://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.png** | **How did you sleep?****https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png** | **Exercise (minutes):**

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| **Review** |
| **Did you drink at least 8 glasses of water every day?**  | **Did you Exercise at least 60 minutes every day?**  | **Did you eat healthy snacks?** | **Could you have done something better? If so what?** |

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| **4th Marking Period Journal – DUE APRIL 13th**  |
| **Day 1:**  |
| **Breakfast:** | **Lunch:**  | **Dinner:**  | **Snacks:**  |
| **Water (Cups):****Color in water drop for ever cup that you drink** |  **http://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.png** | **How did you sleep?****https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png** | **Exercise (minutes):**

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| **Day 2:**  |
| **Breakfast:** | **Lunch:**  | **Dinner:**  | **Snacks:**  |
| **Water (Cups):****Color in water drop for ever cup that you drink** |  **http://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.png** | **How did you sleep?****https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png** | **Exercise (minutes):**

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| **Day 3:** |
| **Breakfast:** | **Lunch:**  | **Dinner:**  | **Snacks:**  |
| **Water (Cups):****Color in water drop for ever cup that you drink** |  **http://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.png** | **How did you sleep?****https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png** | **Exercise (minutes):**

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| **Day 4:**  |
| **Breakfast:** | **Lunch:**  | **Dinner:**  | **Snacks:**  |
| **Water (Cups):****Color in water drop for ever cup that you drink** |  **http://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.png** | **How did you sleep?****https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png** | **Exercise (minutes):**

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| **Day 5:**  |
| **Breakfast:** | **Lunch:**  | **Dinner:**  | **Snacks:**  |
| **Water (Cups):****Color in water drop for ever cup that you drink** |  **http://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.pnghttp://images.clipartpanda.com/cup-of-water-clipart-black-and-white-water-drop-clipart-black-and-white.png** | **How did you sleep?****https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png https://openclipart.org/image/800px/svg_to_png/126787/emotions.png** | **Exercise (minutes):**

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| **Review** |
| **Did you drink at least 8 glasses of water every day?**  | **Did you Exercise at least 60 minutes every day?**  | **Did you eat healthy snacks?** | **Could you have done something better? If so what?** |