April 2012

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| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** |
|  |  |  | **Nutrition Pyramid-30 pts** |  |  |  |
| **8** | **9** | **10** | **11** | **12** | **13** | **14** |
|  | **Start food log-due Friday** |  |  |  | **Food log due-75 pts** |  |
| **15** | **16** | **17** | **18** | **19** | **20** | **21** |
|  | **Exercise to Upper Body Muscle worksheet-25 pts** |  |  | **Exercise to Lower Body Muscle Worksheet-25pts** |  |  |
| **22** | **23** | **24** | **25** | **26** | **27** | **28** |
|  | **Begin Web Quest** |  | **Daily Workout Schedule-15 pts** |  |  |  |
| **29** | **30** |  |  |  |  |  |
|  | **Create Exercise Games for class-45 pts** |  |  |  |  |  |