



Miami Marlins Lessons
Health
Activity: Monthly Health Goals

Students will then create a calendar with specific things they will do to reach their goals. For example, if their goal is to get more exercise, they will schedule their exercises for specific times and dates over the course of the next month.

Then they will write down 3 goals that they will set for themselves to improve their health/fitness in the next month.

MONTH:						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

THREE GOALS

- 1.
- 2.
- 3.



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