

PE: Corona Shut Down Curriculum

Here is an idea on how to keep track of your sleep, activity level, nutrition, and mood for the time school is shut down. You may complete this on a Google Doc or journal on notebook paper (if your handwriting is legible).

Respond to the following prompts daily. Remember this is in place of class time. Each prompt should be fully described with personal examples.

Week _____ Day 1: (Copy & paste on the document if there are more weeks to complete.)

Physical: Complete a minimum of 30 minutes of physical activity each day

- i. **What are you doing to support your immune system (Explain in detail using examples)?**

- ii. **Log your:**
 1. **Sleep:** _____
 2. **Physical Activity**
 - a. **Type:** _____
 - b. **Time:** _____
 - c. **Intensity (scale of 1-10):** _____
 - d. **Has the time gone down or up with more free time?**

 3. **Time spent on electronics:** _____
 - a. **Has this gone down or up with more free time?**

 4. **Rate your nutrition:** Healthy Average Unhealthy
 5. **Rate your mood (scale of 1-10):** _____

Day 2:

Physical: Complete a minimum of 30 minutes of physical activity each day

iii. **What are you doing to support your immune system (Explain in detail using examples)?**

iv. **Log your:**

1. **Sleep:** _____

2. **Physical Activity**

a. **Type:** _____

b. **Time:** _____

c. **Intensity (scale of 1-10):** _____

d. **Has the time gone down or up with more free time?**

3. **Time spent on electronics:** _____

a. **Has this gone down or up with more free time?**

4. **Rate your nutrition: Healthy Average Unhealthy**

5. **Rate your mood (scale of 1-10):** _____

Day 3:

Physical: Complete a minimum of 30 minutes of physical activity each day

v. **What are you doing to support your immune system (Explain in detail using examples)?**

vi. **Log your:**

1. **Sleep:** _____

2. **Physical Activity**

a. **Type:** _____

b. **Time:** _____

- c. Intensity (scale of 1-10): _____
- d. Has the time gone down or up with more free time?

- 3. Time spent on electronics: _____
 - a. Has this gone down or up with more free time?

- 4. Rate your nutrition: Healthy Average Unhealthy
- 5. Rate your mood (scale of 1-10): _____

Day 4:

Physical: Complete a minimum of 30 minutes of physical activity each day

vii. What are you doing to support your immune system (Explain in detail using examples)?

viii. Log your:

- 1. Sleep: _____
- 2. Physical Activity
 - a. Type: _____
 - b. Time: _____
 - c. Intensity (scale of 1-10): _____
 - d. Has the time gone down or up with more free time?

- 3. Time spent on electronics: _____
 - a. Has this gone down or up with more free time?

- 4. Rate your nutrition: Healthy Average Unhealthy
- 5. Rate your mood (scale of 1-10): _____

Day 5:

Physical: Complete a minimum of 30 minutes of physical activity each day

ix. What are you doing to support your immune system (Explain in detail using examples)?

x. Log your:

1. Sleep: _____

2. Physical Activity

a. Type: _____

b. Time: _____

c. Intensity (scale of 1-10): _____

d. Has the time gone down or up with more free time?

3. Time spent on electronics: _____

a. Has this gone down or up with more free time?

4. Rate your nutrition: Healthy Average Unhealthy

5. Rate your mood (scale of 1-10): _____