Name:_____ Date:_____ Period:_____

1-6 Day Make Up Assignment

Directions: Find an article in a newspaper, magazine or online that relates to fitness and/or nutrition. After reading the article, type a 1 page reflection explaining how you felt about the topic and how it relates to your life and your fitness/nutrition.

Requirements:

- 1 typed page (double spaced)
- Printed article

Everything needs to be stapled together and turned into Coach Van Norman/Butenschoen.