

Preassigned Schedule

Use this schedule as a guide, but you will have to refer back to the Master List of Assignments.
The boxes can be used to check off days as you complete the assignment.

Physical Fitness is either your sport/activity for 1 hour a week or following this assignment for 1 hour a week:

1.1 Physical Fitness

- Day 1 - Take half of the 1.2 [Human Health - Diet and Nutrition | Alison](#) class
- Day 2 - Finish Human Health class, write your score on your grade sheet
- Day 3 - 1.3 Food Groups
- Day 4 - 1.4 Serving Sizes
- Day 5 - 1.5 Diet Related Health Challenges
- Day 6 - 1.6 Sugar Overload
- Day 7 - Take half of 3.1 Female Puberty: understanding puberty and managing menstruation sections only! Don't forget to log quiz scores on your grade sheet
- Day 8 - Finish Female Puberty class: staying healthy and safe, log quiz scores
- Day 9 - Take the 3.2 Male Puberty class, log quiz scores
- Day 10 - Take the 3.3 Fetal Development class, log score
- Day 11 - 3.4 Development Disabilities
- Day 12 - 1.7 Dangerous "Enhancements"
- Day 13 - 1.8 Harmful Ingredients
- Day 14 - 1.9 Meal Plan & Cook
- Day 15 - 5.4 Suicide and Grief or 5.5 Video Class: [Introduction to Suicide Awareness | Alison](#)
- Day 16 - Take half of the 5.4 [Understanding Mental Wellness | EVERFI](#) class
- Day 17 - Finish Understanding Mental Wellness class, log score

- Day 18 - Take about 45min of 5.7 [Ignition: Digital Wellness and Safety | EVERFI](#) class
- Day 19 - Continue 30-45 min of Digital Wellness class
- Day 20 - Finish Digital Wellness class, log score
- Day 21 - 1.10 Healthy Weight
- Day 22 - 1.11 Sleep
- Day 23 - Take half of 5.5 [Stress Management: A Holistic Approach | Alison](#)
- Day 24 - Finish Stress Management class, log score
- Day 25 - Take the 7.1 [Vaping: Know the truth | EVERFI](#) class
- Day 26 - Take the 3.5 [Sex Education](#) class, log quiz score
- Day 27 - Take the 3.6 [STI](#) class, log quiz score
- Day 28 - Take the 3.7 [Birth Control](#) class, log quiz score
- Day 29 - 1.12 Seed Oils
- Day 30 - 1.13 Artificial Food Dyes
- Day 31 - 1.14 Microwave Cooking
- Day 32 - Take half of 7.2 [Prescription Drug Safety Training | EVERFI](#) class
- Day 33 - Finish Drug Safety class, log score
- Day 34 - Take about 45 min of 7.3 [Alcohol Education: Safe and Smart | EVERFI](#) class
- Day 35 - Watch another 45min of the Alcohol Education class
- Day 36 - Finish Alcohol Education class, log score
- Day 37 - Take half of 7.4 [Drugs and Alcohol - Awareness and Prevention | Alison](#) class
- Day 38 - Finish Drugs and Alcohol class, log score

- Day 39 - Take the 5.1 [Healthy Communication](#) class, log quiz score
- Day 40 - Take the 5.2 [Screen Safety](#) class, log quiz score
- Day 41 - Take the 5.3 [Personal Safety](#) class, log quiz score
- Day 42 - Take half of 7.5 [Opioid Crisis | Opioid Epidemic | Alison](#) class
- Day 43 - Finish Opioid Crisis class, log score
- Day 44 - Take half of 7.6 [Understanding Methamphetamine Addiction | Alison](#) class
- Day 45 - Finish Meth Addiction class, log score
- Day 46 - Take the 9.1 [Health Literacy Curriculum for High School | EVERFI](#) class
- Day 47 - 9.2 Toxic Contaminants
- Day 48 - 9.3 Toxic Air
- Day 49 - 9.4 Prescription Drugs
- Day 50 - 9.5 [Alternative Health Practices ebook](#)
- Day 51 - 9.6 [Holistic Healing ebook](#)
- Day 52 - 9.7 Fluoride
- Day 53 - 11.1 Emergency Preparedness
- Day 54 - 11.2 Driving Basics
- Day 55 - Finish Driving Basics class
- Day 56 - 11.3 Distracted Driving
- Day 57 - Finish Distracted Driving class
- Day 58 - 11.4 Driving Under the Influence
- Day 59 - 60 Complete any assignments