

**Student Written Assignments
(3rd 6 Weeks)**

Name _____

1. Nutrition and Activity Journal _____ /100 pts total

2. Goal Setting Worksheet _____ /100 pts total

3. 4 Weekly Topic Sheets with Questions

• Week 13: Stress and Stress Management _____ /100 pts total

• Week 14: SMART Goals _____ /100 pts total

• Week 15: Depression & Suicide _____ /100 pts total

• Week 16: Tobacco & Marijuana _____ /100 pts total

Written Work Average Grade (Total points divided by 6) _____

Name: _____

Date: _____

7th Grade

3rd 6 Weeks Nutrition and Activity Journal

This sheet is done once per six weeks but can be done on any week during the grading period.

Nutrition Goal: (20 pts)

Instructions: Record everything you eat and drink in the boxes below for one week. (30pts)

	Breakfast	Lunch	Dinner	Snacks
MON				
TUES				
WED				
THURS				
FRI				

Lifestyle Factors for the Week (10 pts)

Average Hours of Sleep: _____ # of Breakfasts: _____

Glasses of Water: _____ # Sugar Drinks: _____

of Protein Servings _____ # of Fruit Servings _____

of Veggie Servings _____

Name: _____

Date: _____

Physical Activity and Exercise Goals (FITT): (20 pts)

Instructions: Record all physical activities you participate in for one week into the correct boxes below. (30pts)

	Cardiovascular Endurance Activities	Muscular Strength/Endurance Activities	Flexibility Activities
MON			
TUES			
WED			
THURS			
FRI			

Lifestyle Factors for the Week (10 pts)

Trouble Sleeping: Exercise Fatigue: Muscle/Joint Pain:

Change in Appetite: Gained Interest in Exercise:

Name: _____

Date: _____

**7th Grade
Goal Setting Worksheet**

My goals for this 6 weeks are: **(25 Points)**

1.

2.

Start Date: _____

Target Completion: _____

What will help you reach your goal?
(25 Points)

1.

2.

3.

What are things that will stand in your way?
(25 Points)

1.

2.

3.

How will reaching these goals affect you? **(25 Points)**

Stress and Stress Management

Stress is a feeling that's created when you react to particular events. It is the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness. The events that provoke stress are called **stressors**, and they can be anything from outright physical danger to making a class presentation. Both types cause similar physical symptoms.

Possible sources of stress:

- A disagreement with a loved one
- Expectations of you from other people
- Death of a loved one
- Moving to a new town or state
- Competing in sports

If stress is managed properly, it can be something that drives you to succeed and grow. If stress is managed poorly, it can cause serious physical, mental, or emotional problems. Although just enough stress can be a good thing, **stress overload** is a different story and is not good for anyone. People who are experiencing stress overload may notice some of the following symptoms:

- anxiety or panic attacks
- a feeling of being constantly pressured, hassled, and hurried
- irritability and moodiness
- physical symptoms, such as stomach problems, headaches, or even chest pain
- allergic reactions, such as eczema or asthma
- sleeping problems
- sadness or depression

The most helpful method of dealing with stress is learning how to manage the stress that comes along with any new challenge, good or bad. Stress-management skills work best when they are used regularly, not just when the pressure is on. Knowing how to "de-stress" and doing it when things are relatively calm can help you get through challenging circumstances that may arise.

Tips for keeping stress under control:

- Don't let yourself get overscheduled.
- Be realistic. Don't try to be perfect- no one is.
- Get plenty of sleep.
- Learn to find ways to relax.
- Watch what you're thinking-stay positive.
- Solve the little problems before they become big ones.

Treat your body well:

- Eat a healthy diet!
- Get plenty of rest!
- Do not bottle up your concerns.
- Participate regularly in activities for relaxation and fun.

