

**Name: Miss Gillespie****Week of: April 6-12**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<b>Physical Activity:</b>						
What did you do for physical activity today?	Run/Walk Stretches – Fitness Blender	Run/Walk	Walk Stretching/Core Strength	Run/Walk Strengthening – Fitness Blender	Walk	Walk
How long, in minutes, were you active?	80	50	30	80	50	75
<b>Nutritional:</b>						
List the healthiest foods you ate today (list no more than 3 items).	Spinach Greens Chicken	Broccoli Beef Cheese	Broccoli Spinach Strawberries	Beans Strawberries Chicken	Banana Spinach Tomatoes	Broccoli Chicken Protein Smoothie (Chocolate for Easter – not healthy but a treat!)
<b>Emotional / Spiritual:</b>						
How did you feel after you worked out?	Relaxed after Stretching	More positive and less sluggish	Calmer	It was good to loosen up muscles/joints	Sunshine felt great for mental health	Refreshed
How many people did you connect with today online or at home?	5	20! (Family Zoom Game Night)	5	4	8	45! (Family Meeting on Zoom and St Mary's Parade to see you!)
Did you try a mindfulness activity or prayer?	Daily Mass online Word on Fire	Meditation / Prayer	Prayer	Mass – Holy Thursday Meditation	Service – Good Friday	Easter Mass Prayers