

Unit 5

Unit 6

Unit 7

Unit 8

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

REFLECTING

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

REFLECTING

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

REFLECTING

PRACTICE TEXT

There are many people who believe American young people need to make some lifestyle changes. The Surgeon General states that over 30 percent of teenagers in the United States are overweight. They are at high risk for many health problems such as heart disease, diabetes, high blood pressure, some forms of cancer, and depression. They are life-threatening, chronic conditions. There are some who find multiple causes for this problem, but their unhealthy eating habits and the lack of physical activity are the top two. There are some simple strategies they need to follow to make changes that can improve the length and quality of their lives. First, there is eating right. It will be good to plan ahead for healthy meals and snacks. That includes a healthy breakfast to jump-start your day. It is best to eat slowly when you feel hungry. Eat at least five servings of fruit and vegetables. They should drink lots of water, not soda. Don't snack in front of the television. Second, there is a need to get moving. Do at least 60 minutes of physical activity most days.

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

REFLECTING

Reduce time you spend with television, video games, texting, etc. Limit television to less than two hours a day. These are simple changes that, over time, can mean the difference between life and death for them.

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

REFLECTING

SEEING

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

REFLECTING

SKETCHING



JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

SHAPING

SLANT



CENTRAL QUESTION

REFLECTING

VISION STATEMENT



MY WRITING: What's Working

MY QUESTIONS

JOURNALING

PRACTICING

VISIONING

MY TEACHER'S THOUGHTS

MY IMPROVEMENT PLAN

DRAFTING

COACHING

REFLECTING

MY WRITING: What's Working

MY QUESTIONS

JOURNALING

PRACTICING

VISIONING

MY TEACHER'S THOUGHTS

MY IMPROVEMENT PLAN

DRAFTING

COACHING

REFLECTING

MY WRITING: What's Working

MY QUESTIONS

JOURNALING

PRACTICING

VISIONING

MY TEACHER'S THOUGHTS

MY IMPROVEMENT PLAN

DRAFTING

COACHING

REFLECTING

MY WRITING: What's Working

MY QUESTIONS

JOURNALING

PRACTICING

VISIONING

MY TEACHER'S THOUGHTS

MY IMPROVEMENT PLAN

DRAFTING

COACHING

REFLECTING

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

REFLECTING