|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Day/Date | Monday10/2 | Tuesday10/3 | Wednesday10/4 | Thursday10/5 | Friday10/6 |
| Time spent on Physical Activities (indoors or outdoors) |  |  |  |  |  |
| Time spent on Electronic Activities like:TV/Gaming/Texting/Internet |  |  |  |  |  |
| Time with Othersfriends/family/other people(in real life) |  |  |  |  |  |
| Time spent Outdoors Doing anything!...Even if it is texting or visiting a friend. If you did it outside count it in both areas.  |  |  |  |  |  |

When we get together on Friday the 6th of October, we will determine the links between personal free time choices, personal values and goals, and life style balance. We will evaluate the degree to which personal choices reflect our own personal values. We will determine the links between personal free time choices, personal values and goals, and life style balance. Students will evaluate the degree to which their personal choices reflect their own personal values.