

LESSON PLAN

DATE: _____

Instructor: _____

WEEK/SESSION ____

TOPIC	OBJECTIVE

Review of last week's nutrition, activities and healthy lifestyle choices:

Nutrition Topic of the Week (E.g. Fruits and Vegetables):

Warm Up Activity:

Walk (check): _____

Duration: _____

Physical Activity/Game(s) (choose from suggestion list):

Cool Down/Stretch:
