

H _{heart}	E _{ating}	A _{ctive}	L _{iving}	T _{ech}	H _{appy}
Plan a circuit and complete it for an entire week, then teach it to your friends or family.	For an entire month try your best at following the Canada Food Guide.	Learn a new sport and give it a fair chance. How is it similar and different to another sport?	Get 9 or more hours of sleep a night for an entire week.	Go a week without using technology, unless you are required in class.	Write yourself a post it note each day for the term and keep them somewhere you will see them each day, such as your locker.
Set a running goal and train to reach that goal by the end of the term.	For the term drink eight cups of water a day.	Organize a recess activity for younger students or your friends and get them to play.	Create a prayer and say it each day for the term.	Use technology to reach out to someone you have not seen or talked to in a while, but miss.	For an entire month say something kind to a different person each day.
Plan a daily workout for you to do each morning before school.	Cook a meal per week for your family for an entire month.	Tryout for a sports team and if you don't make the team then join sports development.	Play a board game or card game once a week for a month with family or friends.	Read a book that has a movie based on the book, read the book and then watch the movie. Reflect on the two forms of media.	Take on an extra chore around the house for the term.
Do a sport or an activity outside for the term 5 out of 7 days a week and for between 30 to 60 minutes.	Go the term without eating chips or candy and no pop during the week.	Volunteer with a group within the community.	Find a chapter book that will take most of the term to read and read it. If you are a really strong reader and will read a novel in a week, then choose a series.	Use tech to deepen your understanding of a unit in one of your classes.	Do anonymous kind acts for people once a week for an entire term.

For this assignment you must choose one box from each of the letters.