

Let's Get Healthy	Secondary Health Education Class
Objective	Google Writer will enable high school students to interact with a small group or partner. With this group or partner they will work on both a workout plan and healthy diet logs while encouraging and supporting each other to be healthy.
Materials	<ul style="list-style-type: none"> • Computer • G-mail Account • Partner/ Small Group (3) • Place to do some kind of physical activity
Standard	* 7.8- Advocacy skills help students promote healthy norms and healthy behaviors. This standard helps students develop important skills to target their health enhancing messages and to encourage others to adopt healthy behaviors. Students assess valid information and opinions about health issues. Students demonstrate skills to encourage others to adopt health-enhancing behaviors.
Note	<p>*Teachers notice that this project will last a month, so allow for plenty of time.</p> <p>*Also students should be able to pick groups because the comments, encouragement, and suggestions will more likely be taken better with someone they are comfortable with.</p>

Procedure

Part 1

1. Note: * Students you must have a Gmail Account in order to do this assignment.
2. Pick a partner or small group of 3 to work with.
3. Sign into your Gmail account.
4. Click on Documents> Create New Document (left hand side)
5. Each person will document their eating habits for a month, by creating a Food Log in the Google Document.
6. At the end of each week they will “share” their Logs with their group.
*Sharing instructions below.
7. Group members will then make suggestions to each other of how they could eat healthier and encourage them to do this with comments on the document.
8. After a month they will be able to see if it helped or was made it easier to eat healthy with a partner encouraging them.

Part 2

1. This part will be completed at the same time as Part 1.
2. Using Google Writer again you will do the same as you did before only this time it will be an Exercise Log.
3. Make a log with Google Writer at the end of the week recording what physical activity you did.
4. “Share” this with your group and again make comments to each other of positive things and items that need improvement, also offer suggestions.
5. For one week out of the month create a plan/activity log before the week and do your best to stick to your schedule/log you created.

Sharing Directions

To share your Google Document you need each group member's email. Once your logs are completed go to the upper right hand corner and click on "share" and then Email as attachment. You then must type in your group member's email addresses.