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**Weekend Tracking – PE / Art Class**

This weekend you will track your health. That means recording (chart) and photographing moments of health. You should have 20 pics at the end of the project – 10 of the food you eat and 10 of the exercise you are doing.

**Friday Noon**

Food Exercise

**Friday Night**

Food Exercise

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**Saturday Morning**

Food Exercise

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**Saturday Noon**

Food Exercise

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**Saturday Night**

Food Exercise

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**Sunday Morning**

Food Exercise

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**Sunday Noon**

Food Exercise

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**Sunday Night**

Food Exercise

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**Pics of Exercises (10)**

**Pics of food (10)**