	Period:
	Teacher: Hernande
Nutrition and Physical Activity Log Reflection	
In several complete sentences, analyze and assess your diet and amount of exercise. Consi questions:	der the following
Was this a typical day? Should you exercise more? Did you have some fruits and vegetables in your diet? Did you eat too much sugar? Is there anything that stands out to you or surprised you? Is there anything you would like to change now that you have written down your nutrition activity log?	and physical
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Date(s) of missed class(es):\_\_\_\_\_