

Weekend Mana



Calories workout

Activity	Duration	Notes
<p>Third Week</p> <p>With the final week, having “Mana” in mind, make a balanced and healthy meal and remember to take a picture! Now Using the “My Fitness Pal” app, - will provide link later to the app- track the number of calories within the meal (minimum of 400 calories) and your goal is to lose close to equal the number of calories throughout the weekend.</p>		

COVID-19 Considerations: Teachers and students please be advised that in some of these activities and games social distancing, and other proper Covid protocols will not be able to be set in place. We ask that teachers use their best judgement on how to properly proceed with these activities based on the class’ overall levels of concern. Masks are suggested to be worn at all times, and hand sanitizer should be used before and after every game. Hope you enjoy!