

Course Report: Fitness for Life - Summer - 7710 - 2025

ID: 1788100 | **Grade:** 9

Actual Grade: 100.0% | **Overall Grade:** 100.0% | **Relative Grade:** 36.4%

Created On: 06/20/2025, 01:49 PM

Start Date: 06/19/2025 **Target Date:** 07/28/2025

Student Progress: 33.33% | **Target Progress:** 4.00%

Activity	Due	First Attempt	Submitted	Attempts	Est Time	Total Time	Category	Score
Unit: Welcome to Class!								
Lesson: Course Info.								
Fitness for Life Course Information	06/23/2025	06/20/2025	06/20/2025	1	15m	16s	Assignment	100%
Unit: Why Should I Exercise? Why Should I Eat Healthy Foods?								
Lesson: Test								
Fitness Log Hours	06/25/2025	06/20/2025	06/20/2025	1	15m	22s	Assignment	100%
Why Should I Exercise? Why Should I Eat Healthy Foods?	06/27/2025	06/20/2025	06/20/2025	1	15m	1m 36s	Assignment	100%
Resting / Max / Target Heart Rate	07/1/2025	06/20/2025	06/20/2025	1	15m	2m 28s	Assignment	100%
Unit: Proper Nutrition and Hydration								
Lesson: Activity								
Proper Nutrition and My Plate Video Submission Assignment	07/3/2025	06/20/2025			15m		Additional	--
Proper Hydration	07/9/2025				15m		Assignment	--
Unit: Fitness Log #1								
Lesson: Fitness Log								
Fitness Log #1	07/11/2025				15m		Assignment	--
Unit: One Percent Better								
Lesson: Activity								
One Percent Better	07/15/2025				15m		Assignment	--
Unit: Try Something New								
Lesson: Test								
Try Something New	07/17/2025				15m		Assignment	--
Unit: Fitness for Life Final Project								
Lesson: Test								
Fitness for Life Final Project	07/21/2025				15m		Assignment	--

Activity	Due	First Attempt	Submitted	Attempts	Est Time	Total Time	Category	Score
Unit: Fitness Log #2								
Lesson: Fitness Log #2								
Fitness Log #2	07/23/2025				15m		Assignment	--
Unit: Exit Reflection								
Lesson: Exit Reflection								
Exit Reflection	07/28/2025				15m		Assignment	--