Inquiry #1

Please answer questions below:

What are your goals this year?

My goals this year for 2019-20 are to work on leadership, helping people, and working together in order to accomplish things. Another goal I have is that I should have confidence and cheer for the team. How I will accomplish it is I will try my best everyday we will have PE.

What does a healthy teenager look like?

A healthy teenager looks like they eat healthy meals and exercise at least an hour a day minimum. They usually eat healthy vegetables and some meat to grow muscles. They run, play outdoor games, play sports and many other things.