

## Spring 2020 Pace Guide for HOPE- Segment Two

**Start date ---> Monday, January 06, 2020**

**Target Finish Date--> Friday, May 15, 2020**

Number of Assignments-->	24	
Assignment #	Assignment Due By Date	Assignment
1	Monday, January 13, 2020	04.01 Mental Fitness
2	Thursday, January 16, 2020	04.02 Healthy Relationships
3	Wednesday, January 22, 2020	4.03 Surrounded
4	Monday, January 27, 2020	04.04 Health and Technology
5	Monday, February 03, 2020	04.05 Personal Menu
6	Friday, February 07, 2020	04.06 Module Four Wellness Plan
7	Wednesday, February 12, 2020	04.07 Discussion-Based Assessment
8	Tuesday, February 18, 2020	05.01 Drugs and Alcohol Risks and Effects
9	Monday, February 24, 2020	05.02 Cost of Drugs
10	Monday, March 02, 2020	05.03 Alcohol
11	Thursday, March 05, 2020	05.04 Tobacco
12	Wednesday, March 11, 2020	05.05 Drugs
13	Monday, March 16, 2020	SPRING BREAK
14	Monday, March 23, 2020	05.06 Getting Help
15	Friday, March 27, 2020	05.07 Module Five Wellness Plan
16	Wednesday, April 01, 2020	06.01 The Weight Epidemic
17	Tuesday, April 07, 2020	06.02 Body Composition
18	Monday, April 13, 2020	06.03 Healthy Development and Disease

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Assignment #	Assignment Due By Date	Assignment
19	Friday, April 17, 2020	06.04 First Aid and CPR
20	Thursday, April 23, 2020	06.05 Own Your Health
21	Tuesday, April 28, 2020	06.05 Own Your Health Fitness Video
22	Monday, May 04, 2020	06.06 Module Six Wellness Plan
23	Monday, May 11, 2020	06.07 Discussion-Based Assessment
24	Friday, May 15, 2020	6.08 Segment Two Exam

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