

# Notebook Check #2 Prompts

# #5 “Success is the sum of small efforts repeated day in and day out.”

- How does this quote apply to your life (outside of physical activity)?
- How does this quote apply to your life from a physical activity standpoint?
- What small changes can YOU make to improve your overall “successes from small changes.” List and Explain 2-3 small changes and how over time, they can have a lasting positive impression on your life.

## #6 How many hours of sleep do you get per night (on average).

- Sleep is the number one performance enhancer...Sleep debt is the silent killer, eroding both well-being and optional performance.” The brain always wins...attention people, put your phones down and go to bed!
- Teens need 8.25 hours of sleep per night. How much sleep debt do you accrue each week?

# #7

- If you knew that you could choose any career you wanted to and knew you'd be successful at it, what career would you choose?

# #8 Prompt

- Describe what this quote means to you...
- “Be strong enough to let go and patient enough to wait for what you deserve.”
- Give one real life example of what this looks like in your personal life.

# Prompt #9

- Read the following about Vitamin D...

Answer the following questions~

1. Do you feel like YOU get enough vitamin D (weekly)?
2. What are some of the benefits of vitamin D.
3. How can you make sure you are getting enough vitamin D, especially in the winter months?

# About Vitamin D...

Vitamin D, also known as the sunshine vitamin, is produced by the body as a response to sun exposure; it can also be consumed in food or supplements.

**Benefits of Vitamin D:** Protects against certain cancers, type 1 diabetes, multiple sclerosis, maintains health of bones & teeth, strengthens the immune system, brain and nervous system, supports cardiovascular health and lung functions.

**How Much Do we Need:** sensible sun exposure on bare skin for 5-10 minutes, 2-3 times per week allows most people to produce sufficient vitamin D. BUT...vitamin D breaks down quickly, meaning that stores can run low, especially in the winter.

**Foods high in Vit D:** Cheese, egg yokes & fatty fish.