

Word Count
Full Name
Hour #
Module Name
Day 10 CrWr
Date

http(s) copied and pasted from the internet site you found for paragraph FOUR below

- 1 **Remember to SAVE TO YOUR FILE LOCKER!**
- 2 Right-align and single-space the **seven-line heading** - - like the one above
- 3 Double space the **five paragraphs** of your paper. Hint: Go to the menu bar to Format > Paragraph >Line Space>Double Space.
- 4 Edit your rough draft on the computer. Do a spell check too. Print out your rough draft.
- 5 Have another person edit your rough draft and write "Edited by _____" on the first page of the rough draft.
- 6 Make corrections on the computer according to the edited draft (those items with which you agree).
- 7 Go to Tools in the Menu Bar >Word Count. **Type** the word count on the final copy as shown in the heading above.
- 8 Print out and proofread your final copy. Staple final copy on top of rough draft.
- 9 Show paper to instructor and then place your assignment in your folder in the 2nd drawer of the tan file cabinet.

(500 words A; 400 words B; 300 words C)

Background: In this module, you have learned about health and fitness. Each day, you have been given a variety of problems to investigate and solve. These problems have taught you how to produce a well-rounded exercise program and eat healthy. You have also discovered the benefits of including technology in a health and fitness program. All of these components are essential to proper health and fitness.

Scenario: You have had the opportunity to experiment with health and fitness technology tools. You have also learned about fitness programs. While working on this module, you have collected nutritional data about the foods that you eat. Now you will write a persuasive essay telling your instructor what you think of your eating habits and your daily physical activity. You must explain whether your eating habits are healthful or need improvement. Use the Nutritional Content Data Sheet that you received on Day 3 to support your position. Think about the types of physical activity that you perform. Use this information to persuade your instructor about the position you are taking.

1st Paragraph: Write an introduction by explaining the above scenario in your own words.

2nd Paragraph: Using your Nutritional Content Data Sheet and **vocabulary** you learned in your module, write a description of at least **three** (3) types of food you eat and discuss their nutritional value.

3rd Paragraph: Describe what types of physical activity you perform. Explain using **module facts** AND **vocabulary** whether you feel this is enough exercise to achieve good fitness. Explain what types of exercises you can perform to increase your health and fitness.

4th paragraph: Go out to the Internet and research words pertaining to your critical writing; include what you have found (IN YOUR OWN WORDS).

5th Paragraph: Write a closing paragraph convincing the reader of the importance of sleep.