

NTI choice board:

- 1. Indoor Circuit: Do 3 rounds of: 15 squats, 10 pushups, 20 jumping jacks, 15 sit-ups.**
- 2. Hydration Tracker: Track how many cups of water you drink today with a log.**
- 3. Use a free app or YouTube (like Headspace or Calm) for a 10-minute guided meditation. Reflect on how you felt before and after.**
- 4. Identify 3 healthy ways you manage stress and describe a time when one helped you.**
- 5. Make a healthy snack (fruit smoothie, trail mix, veggie wrap). Take a photo or describe the ingredients.**
- 6. List 3 personal values that guide your decisions. Explain why they're important to you.**
- 7. List 5 people or things that influence your choices (friends, social media, family, teachers). Explain which ones are positive and which might be negative.**
- 8. Research your favorite athlete's daily routine. What habits contribute to their success?**
- 9. Research why rest and recovery days are important for athletes.**
- 10. Research "mental toughness" or visualization in sports. Write how an athlete can prepare mentally before competition.**
- 11. Research carbohydrates, proteins, and fats. Give 3 examples of each and describe their roles in the body.**
- 12. Find 3 food ads or social media posts. How do they try to influence your eating habits?**
- 13. Make a poster, short video, or infographic teaching your classmates one key nutrition tip.**