

# HOPE Pace Chart: Segment Two

Topic	Project	Date Completed
<b>Fitness Test Record Sheet</b>	*This is the first assignment you will turn in for this segment	week 1
 <p><b>Sportsmanship</b></p>	Project Milestone One	week 1
	Final Project	week 2
	Workout Log	week 3
	Discussion Based Assessment	week 3
 <p><b>Nutrition</b></p>	Project Milestone One	week 4: end of grace period
	Project Milestone Two	week 4: end of grace period
	Final Project	week 5
	Workout Log	week 6
	Discussion Based Assessment	week 6
 <p><b>Community Wellness</b></p>	Project Milestone One	week 7
	Project Milestone Two	week 7
	Final Project	week 8
	Workout Log	week 9
	Discussion Based Assessment	week 9
 <p><b>Muscular and Flexibility</b></p>	Project Milestone One	week 10
	Final Project	week 11
	Workout Log	week 12
	Discussion Based Assessment	week 12
<b>Collaboration Project</b>	<b>Complete this assignment by week 8</b>	
<b>CPR Certification</b>	<b>Complete this assignment before taking the final exam</b>	
<b>Final Exam</b>	<b>You will take your final exam on week 13</b>	

\*Remember that you need to be on pace by the end of your grace period and throughout the course.