

Unless otherwise indicated, whenever there is an activity, you must watch the video lectures listed above it first. Otherwise the activity might be "ruined".

15-May	17-May	19-May	22-May	24-May	26-May	31-May	2-Jun
website exploration	module 1 video segments 1-6	module 1 video segments 7-9	module 1 video segments 10-13	module 2 video segments 1-3	module 2 video segments 4-6	module 2 video segments 7-11	module 2 video segments 12-16
Syllabus quiz	segment quizzes sitting-rising activity	segment quizzes who am I? activity part 1	segment quizzes who am I? activity part 2	segment quizzes Framed messages activity	segment quizzes health belief model and COVID activity	segment quizzes 7 minute workout challenge activity	segment quizzes
	self-esteem booster activity	choose your SARA	Reflection Prompt video post			Reflection Prompt video post	health intervention teams upload preliminary slides for peer-review activity
	spirituality booster activity	pick health intervention OR health message campaign					peer review of team presentation slides activity
	environmental connect & protect activity						

5-Jun	7-Jun	9-Jun	12-Jun	14-Jun	16-Jun	21-Jun	23-Jun
module 3 video segments 1-3	module 3 video segments 4-9	top three stressors activity first!	module 4 video segments 4-6	module 4 video segments 7-10	module 4 video segments 11-13	module 4 video segments 14-19	module 4 video segments 20-26
segment quizzes	segment quizzes Experiment: Find the flaws activity	module 4 video segments 1-3	segment quizzes Intro the Wild activity	segment quizzes	segment quizzes walk 1 activity	segment quizzes diaphragmatic breathing activity	segment quizzes PMR activity
health intervention people - start your baseline observations	phase 1 team presentations due	segment quizzes	Reflection Prompt video post	BP & HR biofeedback activity	Vagus nerve stim activity	mindfulness & walk 2 activity	Spiderweb of social networks activity
Reflection Prompt video post	health intervention & health campaign				Health Intervention & Health Campaign Phase 2 due		

26-Jun	28-Jun	30-Jun	5-Jul	7-Jul	10-Jul	12-Jul	14-Jul
<p>module 5</p> <p>video segments 1-3</p> <p>segment quizzes</p> <p>guided imagery activity</p> <p>Reflection Prompt video post</p>	<p>module 5</p> <p>video segments 4-7</p> <p>segment quizzes</p>	<p>module 5</p> <p>video segments 8-12</p> <p>segment quizzes</p> <p>hassles & uplifts activity</p>	<p>module 6</p> <p>video segments 1-2</p> <p>segment quizzes</p> <p>Begin health intervention</p>	<p>module 6</p> <p>video segments 3-4</p> <p>segment quizzes</p>	<p>ice bucket challenge activity first!</p> <p>module 7</p> <p>video segments 1-5</p> <p>segment quizzes</p> <p>Reflection Prompt video post</p>	<p>module 7</p> <p>video segments 6-10</p> <p>segment quizzes</p> <p>behav. intervention group help activity</p>	<p>module 7</p> <p>video segments 11-14</p> <p>segment quizzes</p> <p>Health App Explorartion and Experimentation</p>

17-Jul	19-Jul	21-Jul	26-Jul	28-Jul	2-Aug	4-Aug	7-Aug
<p>binder clip pain activity first!</p> <p>module 7</p> <p>video segments 15-21</p> <p>segment quizzes</p> <p>Reflection Prompt video post</p>	<p>module 8</p> <p>video segments 1-5</p> <p>segment quizzes</p> <p>pre Fed-Up activities</p>	<p>module 8</p> <p>video segments 6-9</p> <p>segment quizzes</p> <p>Fed-Up movietime activity</p>	<p>module 8</p> <p>video segments 10-13</p> <p>segment quizzes</p> <p>post Fed-Up activity</p>	<p>module 8</p> <p>video segments 14-18 and Skinny on Obesity</p> <p>segment quizzes</p> <p>CPR activity</p>	<p>module 9</p> <p>video segment 1-6</p> <p>segment quizzes</p> <p>Food portion sizes activity</p> <p>Reflection Prompt video post</p>	<p>module 9</p> <p>video segments 7-10</p> <p>segment quizzes</p> <p>Sugar tracking activity</p>	<p>module 10</p> <p>video segments 1-5</p> <p>segment quizzes</p> <p>Public Health Message Campaign phase 3 due</p>

9-Aug	11-Aug	14-Aug	16-Aug	18-Aug
<p>module 10</p> <p>video segments 6-11</p> <p>segment quizzes</p> <p>Reflection Prompt video post</p>	<p>module 11</p> <p>video segments 1-6</p> <p>segment quizzes</p>	<p>module 11</p> <p>video segments 7-9</p> <p>segment quizzes</p> <p>Health Intervention phase 3 due</p>	<p>module 11</p> <p>video segments 10-14</p> <p>segment quizzes</p> <p>Reflection Prompt video post</p> <p>Soothing forces of nature activity</p>	<p>final exam</p> <p>Public Health Message Campaign phase 4 due</p>