

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

11-May	13-May	15-May	18-May	20-May	22-May	27-May	29-May
website exploration Syllabus quiz 	module 1 video segments 1-6 segment quizzes sitting-rising activity	module 1 video segments 7-9 segment quizzes who am I? activity part 1 choose your SARA pick health intervention OR health message campaign	module 1 video segments 10-13 segment quizzes who am I? activity part 2 Reflection Prompt video post	module 2 video segments 1-3 segment quizzes Framed messages activity	module 2 video segments 4-6 segment quizzes health belief model and infectious disease activity	module 2 video segments 7-11 segment quizzes 7 minute workout challenge activity Reflection Prompt video post	module 2 video segments 12-16 segment quizzes health intervention teams upload preliminary slides for peer- review activity peer review of team presentation slides activity

1-Jun	3-Jun	5-Jun	8-Jun	10-Jun	12-Jun	17-Jun	19-Jun
module 3 video segments 1-3 segment quizzes health intervention people - start your baseline observations self-esteem booster activity Reflection Prompt video post	module 3 video segments 4-9 segment quizzes Experiment: Find the flaws activity	top three stressors activity first! module 4 video segments 1-3 segment quizzes phase 1 team presentations due health intervention & health campaign	module 4 video segments 4-6 segment quizzes Intro the Wild activity Reflection Prompt video post	module 4 video segments 7-10 segment quizzes Pulse & Blood Ox. biofeedback activity Health Intervention & Health Campaign Phase 2 part A due	module 4 video segments 11-13 segment quizzes walk 1 activity Vagus nerve stim activity	module 4 video segments 14-19 segment quizzes diaphragmatic breathing activity mindfulness & walk 2 activity	module 4 video segments 20-26 segment quizzes PMR activity Spiderweb of social networks activity Health Intervention Phase 2 part B due

22-Jun	24-Jun	26-Jun	29-Jun	1-Jul	6-Jul	8-Jul	10-Jul
module 5 video segments 1-3 segment quizzes guided imagery activity Reflection Prompt video post	module 5 video segments 4-7 segment quizzes spirituality booster activity	module 5 video segments 8-12 segment quizzes hassles & uplifts activity	module 6 video segments 1-2 segment quizzes Begin health intervention	module 6 video segments 3-4 segment quizzes environmental connect & protect activity	ice bucket challenge activity first! module 7 video segments 1-5 segment quizzes Reflection Prompt video post	module 7 video segments 6-10 segment quizzes Health App Explorartion and Experimentation	module 7 video segments 11-14 segment quizzes behav. intervention group help activity

13-Jul	15-Jul	17-Jul	20-Jul	22-Jul	27-Jul	29-Jul	31-Jul
binder clip pain activity first! module 7 video segments 15-21 segment quizzes Reflection Prompt video post	module 8 video segments 1-5 segment quizzes pre Fed-Up activities SARA round 1 due	module 8 video segments 6-9 segment quizzes Fed-Up movietime activity	module 8 video segments 10-13 segment quizzes post Fed-Up activity	module 8 video segments 14-18 and Skinny on Obesity segment quizzes CPR activity	module 9 video segment 1-6 segment quizzes Reflection Prompt video post	module 9 video segments 7-10 segment quizzes Sugar tracking activity	module 10 video segments 1-5 segment quizzes Public Health Message Campaign phase 3 due

3-Aug	5-Aug	7-Aug	10-Aug	12-Aug
module 10 video segments 6-11 segment quizzes Reflection Prompt video post SARA round 2 due	module 11 video segments 1-6 segment quizzes	module 11 video segments 7-9 segment quizzes Health Intervention phase 3 due	module 11 video segments 10-14 segment quizzes Reflection Prompt video post Soothing forces of nature activity	final exam Aug 12-15 Public Health Message Campaign phase 4 due

Congratulations!
You did it!

