

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

| 12-May | 14-May | 16-May | 19-May | 21-May | 23-May | 28-May | 30-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 |



| 2-Jun | 4-Jun | 6-Jun | 9-Jun | 11-Jun | 13-Jun | 18-Jun | 20-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 BP & HR biofeedback activity | module 4 video segments 11-13 segment quizzes walk 1 activity Vagus nerve stim activity Health Intervention & Health Campaign Phase 2 due | 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 |

| 23-Jun | 25-Jun | 27-Jun | 30-Jun | 2-Jul | 7-Jul | 9-Jul | 11-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 |

| 14-Jul | 16-Jul | 18-Jul | 21-Jul | 23-Jul | 28-Jul | 30-Jul | 1-Aug |
|--|--|---|---|---|--|---|---|
| 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 Food portion sizes activity 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 |

| 4-Aug | 6-Aug | 8-Aug | 11-Aug | 13-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 14-16 Public Health Message Campaign phase 4 due |

Congratulations!
You did it!

