

Name: Colton Merrill, ATC, CPT		Grading Quarter: 2	Week 17 Beginning: November 25, 2024
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	<p>Objective: Define supplementation and the clients' dietary need for taking supplements. Summarize supplements used for optimal health and body composition.</p> <p>Lesson Overview: LESSON 3 Health Supplements</p>	Academic Standards: 3.6
Tuesday	Notes:	<p>Objective: Define supplementation and the clients' dietary need for taking supplements. Summarize supplements used for optimal health and body composition.</p> <p>Lesson Overview: LESSON 3 Health Supplements</p>	Academic Standards: 3.6
Wednesday	Notes:	NO SCHOOL	Academic Standards:
Thursday	Notes:	NO SCHOOL	Academic Standards:
Friday	Notes:	NO SCHOOL	Academic Standards:

