English lesson plan

My Challenge

Have students keep a journal throughout their participation in the NFL Play 60 Challenge or have them write a reflection paper at the end of the 4th week.

Some suggested journaling questions are:

• How did you feel about the Challenge when it started?

• How do you feel about it now?

• Was participating in the Challenge easier or harder than you thought? Why?

• What changes have you noticed in yourself as a result of the Challenge?

• Do you have any new or different habits as a result of your participation?

• What was your favorite part about the Challenge?

Submit students’ stories to our national story bank at [www.americanheart.org/nflplay60challenge](http://www.americanheart.org/nflplay60challenge), publish them in your school newsletter/newspaper or on the school website, or share them with the kids or community section of your local newspaper. You can even share them with your local team.

At-home Extension:

Using the suggested journaling questions above, write a reflection paper every week, or at the end of the NFL Play 60 Challenge.