In hope of helping you continue or discover the joy of reading, you will choose a book(s) **you** want to read this quarter to supplement the curriculum we will cover in Health class. (PLEASE choose a book you have not read already.) Mrs. Shatford has set aside a wide variety of books that deal with health concepts. If you do not like to read, perhaps you have not met the right book yet! If you *do* like to read then perhaps you can be a positive role model and help a peer select a book or even recommend a book for him/her to read.

This is on-going reading assignment that you will have the opportunity to read in school and at home. When you finish the book, you will share your opinion in the form of an independent project, so your peers can decide if they would like to read the book in the future.

**Either use the blue book provided or your own writing journal to record the following information each time you read:**

1. Date: __________
2. Pages read: from _____ to _____
3. Brief summary and/or your opinions/reactions to what you read  For example:
   - What connections to healthy/unhealthy behaviors did you read about?
   - What health skills were used by any of the characters?
   - What if any health enhancing and/or risk reducing behaviors were demonstrated?
   - What questions do you have from the reading?
   - Does it remind you of a movie, another book, something from the news or society?

   - Reading journal will be checked once at end of the week…all entries should be kept together to be used for final project….no new information recorded = no credit.
   - **Keep in mind this is an ongoing assignment and each entry is worth 25 points**

**HOMEWORK (25 points):**
Name _______________ ______________________________  Block ________
Book Selected ____________________________________________
Author(s) ________________________________________________

Write a few sentences explaining your rationale or reason you selected this book and also share how you selected the book (Books & Authors, referral from a friend, book talk etc.)