



Journal #1
Semester 2

New Year's Resolutions!

- Write 3 New Year's Resolutions and state how you plan to achieve your goals.

Example: Ms. Stockdale's New Year's Resolutions

1. My first new year's resolution will be to live a healthier lifestyle.

I plan to eat better and more nutritious meals.

I also plan on exercising at least 3 times a week.

I plan on getting at least 8 hours sleep.

I will try my best to drink at least 64 ounces of water a day.

OR write about what you did over the winter break!