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<th>Week#1</th>
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<tr>
<td>Subject</td>
<td>Letter Grade</td>
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<td>Phys.Ed.</td>
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<td>Speech/penmanship</td>
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<td>Science</td>
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<td>Bonus</td>
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**Mathematics (pounds lost)**  
A = lost 1 lb. or more  
B = lost less than 1 lb  
C = turtle  
F = gained  

**Science--H20**  
A = 6+ glasses 56 oz +  
B = 4-5 glasses 32-48 oz  
C = 2-3 glasses 16-24 oz  
F = 0- glasses 0-  

**Writing (Food Chart)**  
A = 7 days  
B = 3 - 4 days  
C = 1 - 2 days  
D= Partial days  
F = no exercise  

**Speech/Penmanship**  
A = Contact/write 2 members AND an absentee-3  
B = Contact/write 2 members  
C = contact/write 1 member  
F = no calls  

**Phys. Ed (exercise, 15 min. per day)**  
A = 5 days or more  
B = 3 - 4 days  
C = 1 - 2 days  
F = no exercise  

**Kops**  
A= Below Goal  
B= At Goal  
C= Above goal  
F=Out of Leeway  

**Grade Point Values:**  
A = 5 points  
B = 4 points  
C = 3 points  
D = 1 point  
F = 0 points