



# MODULE THREE WELLNESS PLAN

*Fill in all logs and answer the reflection questions completely with supporting details.*



## SECTION 1: GOALS

*Include your goals for each area of wellness before completing the reflection question.*

- Physical - I will decrease my mile run to 9:30 by the end of this course.
- Social - Over the next two weeks, I will join a new school club and participate in every meeting for the rest of the school year.
- Emotional - I will increase one-on-one time with my little sister to at least 45 minutes, five days a week by the end of this month so that I will feel better about making time for her.
- Academic - I will make sure that all of my homework is submitted on time this semester.



## GOAL REFLECTION QUESTION

Describe your progress for each goal. If you have met or exceeded a goal, also include a new goal for that area of wellness. If you are still working toward a goal, describe the specific steps you will take to help you complete it.

1. Physical—I am almost to my goal, I ran the mile in 9:40 the other day. I will keep working on my cardio activities and jogging to continue to decrease my mile run time.
2. Social—I have been attending the art club meetings regularly, so I have met the goal so far. I need to continue to attend each meeting through the end of the year to truly meet the goal.
3. Emotional—I have been good about hanging out with my sister. Sometimes I help her with her homework and sometimes we play video games or card games she likes to play. I have met this goal, but I want to keep it because I really like how it's helped our relationship.
4. Academic—I have been turning all of my assignments in on time in all classes. I will continue to work on this, but might also add another goal to work on my English grade because I would like to increase my scores in that class. Maybe something like "I will increase my English grade from a B to an A by discussing my progress with my teacher, working on the skills she says I need to improve, and staying after school for help when needed."



## SECTION 2: TARGET HEART RATE

Originally, my resting heart rate was 75 bpm.

Originally, my target heart rate zone was 141 bpm to 179 bpm.

Currently, my resting heart rate is 74 bpm.

Currently, my target heart rate zone is 142 bpm to 179 bpm.



### FITNESS ASSESSMENT REFLECTION QUESTIONS

Have your RHR and THRZ changed since first measured in Module One? Have you been working more at the lower or higher end of your THRZ this week?

My resting heart rate is down one bpm, but when I calculate my zone with rounding, no changes actually happen. I have been working out at the middle to high end of my THRZ for many of my workouts, especially when I check my pulse right after a demanding tennis set or while working out in a class at the gym.



## SECTION 3: FITNESS ASSESSMENTS

Activity	Lesson 1.03 Baseline Results	Module 1 Wellness Plan Results	Module 2 Wellness Plan Results	Module 3 Wellness Plan Results
Mile Run/Walk	11:00	10:30	10:02	9:40
Body Mass Index	23.91	23.03	22.98	22.98
Aerobic Capacity	40.42	41.17	41.23	41.28
Curl-ups	20	21	23	25
Push-ups	6	8	8	9
Trunk Lift	7	7	7	8
Sit and Reach	9	11	11	11



### FITNESS ASSESSMENT REFLECTION QUESTIONS

What areas of fitness show an improvement through these fitness assessments, and what activities do you think contributed to these improvements?

From Module Two to Module Three, I saw an improvement in my mile run/walk, aerobic capacity, curl-ups, and push-ups. I focused a lot on cardiorespiratory activities, so I think that's what helped my mile time and my aerobic capacity improve. I also worked on push-ups and curl-ups each week so I think that I am seeing an improvement in the strength of those muscles. Keeping them and adding other muscular exercises into my routine feels like it made a difference.



## SECTION 4: FLEXIBILITY WORKOUT LOG

Perform and log stretching exercises for all eight muscles listed below at least 3 days per week, but you may stretch every day. You may add muscle groups and exercises of your choice into your routine.

Flexibility Exercises	Muscles Stretched	# of Reps	Time	# of Reps	Time	# of Reps	Time	
Lying Quad Stretch	Quadriceps	3	25 sec	3	25 sec	3	25 sec	
Modified Hurdler's Stretch	Hamstrings	3	25 sec	4	25 sec	3	25 sec	
Upper Back/Torso Stretch	Trapezius	4	20 sec	3	20 sec	3	25 sec	
Calf Stretch	Gastrocnemius	3	25 sec	3	25 sec	3	25 sec	
Lower Back Stretch	Latisimus Dorsi	4	20 sec	3	20 sec	3	20 sec	
Chest/Bicep Stretch	Pectoralis/Biceps	2	20 sec	3	20 sec	3	20 sec	
Shoulder/Tricep Stretch	Triceps	4	20 sec	3	20 sec	4	20 sec	
Lying Abdominal Stretch	Abdominal	2	20 sec	3	20 sec	3	20 sec	
Date:			07/01/2013	Date:		07/02/2013	Date:	07/04/2014



### FLEXIBILITY REFLECTION QUESTIONS

What stretches are easiest for you and which are the most challenging? How does this relate to the activities you complete regularly on your activity log?

I am finding leg stretches to be easier because my muscles are tight and I can really feel the stretch. Arm and shoulder stretches are effective, but I don't feel the muscle lengthening like when I do my legs. Finding a way to make arm and shoulder stretching more effective is probably my biggest stretch challenge. I spend more time on legs and that shows in my log.



## SECTION 5: MUSCULAR STRENGTH AND ENDURANCE LOG

Complete muscular exercises in three nonconsecutive days. Do not work the same muscle groups more than once within a 48 hour period.

Exercise	Muscles Worked	# of Sets	# of Reps	Resistance	# of Sets	# of Reps	Resistance	# of Sets	# of Reps	Resistance		
Squats	Quadriceps	3	10	5 lbs.				3	10	5 lbs.		
Push-ups	Pectoralis	3	8	Body	3	8	Body					
Leg Curls	Hamstrings	3	15	None				3	15	None		
Pull-Ups	Latisimus Dorsi				3	8	Body					
Calf Raises	Gastrocnemius	3	10	Body				3	10	Body		
Tricep Dips	Triceps	3	12	Body	3	10	Body					
Bridges	Glutes				3	12	Body	3	10	Body		
Bicep Curls	Biceps	3	15	5 lbs.	3	15	5 lbs.					
Front Raises	Deltoids				3	8	5 lbs.	3	8	5 lbs.		
Ab Crunches	Abdominal	3	20	None	3	15	None					
				Date:	07/01/2013	Date:			07/03/2013	Date:		07/06/2013



## MUSCULAR STRENGTH AND ENDURANCE REFLECTION QUESTIONS

1. What change to your routine have you made since starting? How has it affected your workouts?

Mostly, I have been steady and it hasn't really been changes that are making a difference. It is more that I am comfortably completing the sets and reps, something I couldn't do before. Based on my progress, it is time to up my overload and go for both heavier weights and more more reps for bodyweight exercises.

2. Search the internet for one positive and one negative example of health and fitness advertisements. Write a short reflection for each that includes:

- The web address of the advertisement
- A description of the ad--its message and what it's "selling"
- What advertising technique it employs
- An analysis of why you think the ad could have either a positive or negative effect on someone's health

Positive:

<http://www.nestle-purelife.us/> Nestle Pure Life ad encourages people to pledge to drink more water to improve their health. I think this is a bandwagon technique because it shows lots of people drinking the water and says everyone should take the pledge. This should have a positive effect on people's health because drinking water keeps you hydrated and replacing sugary drinks with water also reduces empty calories.

Negative:

[http://www.usfreeads.com/health-and-fitness/weight-loss/kardashian-quick-trim-diet-system\\_2680376-cls.html](http://www.usfreeads.com/health-and-fitness/weight-loss/kardashian-quick-trim-diet-system_2680376-cls.html) The QuickTrim ad shows celebrities (the Kardashians) in tight-fitting clothes advertising how QuickTrim helps them lose weight and stay thin. This uses a testimonial from a celebrity to make you want to buy the product in hopes of looking like them. I think this is a negative example because I doubt the results they are advertising are typical, and I am not sure if the ingredients are even safe or healthy. I think a healthy diet and regular exercise are a healthier way to lose or maintain weight.



## SECTION 6: PHYSICAL ACTIVITY LOG

Include all moderate and vigorous physical activity in the table below.

Date	Warm-Up	Physical Activity	Activity Minutes
07/01/13	Stretching and jogging	Tennis	100
07/02/13	Walking	Jogging	60
07/02/13	Slow Volleying	Volleyball	30
07/03/13	Stationary Bike and Stretching	Weight training	30
07/04/13	Slow Volleying	Volleyball	60
07/05/13	Jogging and Stretch	Outdoor Long Run	70
07/06/13	Jogging around court	Tennis	30
07/07/13	slow elliptical and stretching	Weight Training	30
07/08/13	Slow elliptical	Elliptical Machine	30
07/08/13	Stretch at beginning of class	Hip hop dance class	45

There is additional log space included [HERE](#).



### PHYSICAL ACTIVITY REFLECTION QUESTIONS

What was your favorite activity completed in this activity log? What muscles are used in this activity and what components of health related fitness does it involve?

Tennis is one of my favorites, but I also really enjoyed volleyball games with my family and friends at a neighborhood picnic. We were having so much fun it didn't really feel like a "chore" like going to the gym can feel for me sometimes. Volleyball and tennis both involve cardiorespiratory fitness, and they also involve some muscular endurance and skill-related fitness, as well, when I hit the ball. I guess they also help with my body composition because I burned a lot of calories.



## SECTION 7: MOVband® DATA

	Module 1 Wellness Plan Results	Module 2 Wellness Plan Results	Module 3 Wellness Plan Results
Average Daily Moves This Week	11,638	12,123	12,140
% Toward my Goal This Week	96%	100%	100%
Total Moves This Week	76,014	80,807	82,049



### MOVband® REFLECTION QUESTIONS

Based on these values, how do you feel about your level of activity and daily moves? What actions can you take to continue to improve the average daily moves?

I am feeling pretty good about my daily moves, but I want to continue to do better. I know that if I am not active now, I will see consequences down the line later in life. I don't want to have difficulty moving or get obese and out of shape as I get older, so I want to make choices to take the stairs instead of the elevator, walk to my friend's house, help carry the groceries, and other small things—in addition to my regular exercise—that will help me stay active and healthy. Making those choices now will hopefully begin to make those things a habit for the long run.