



MODULE SIX 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

Which goal's progress makes you the most proud, and why?

I am really proud of the progress that I made in my mile run. I never thought I was a runner; I didn't even try running in PE courses or team practices – I always walked. And even though I am by no means fast, I have found that my endurance is improving and I don't get as out of breath – so I can run for a longer distance than I ever thought I would. Even more than that, I discovered that I really enjoy running...it helps me deal with stress and gives me energy for my day.

What is one new wellness goal that you will set for yourself going forward from this course?

I think I am going to set a new goal to do a Couch to 5K program, in order to prepare for my first 5K race. A few of my friends are doing it, so this will be a fun thing for us to train for together.



SECTION 2: TARGET HEART RATE

My resting heart rate is 75 bpm

My target heart rate zone is 141 bpm to 179 bpm.



HEART RATE REFLECTION QUESTIONS

Which activities are most effective in getting you into the upper level of your THRZ?

What do you do when your heart rate is above your zone?

Running and my spin class at the gym both are effective in getting and keeping me in the upper range of my target heart rate zone. When my heart rate is above my zone, I slow down my pace or reduce the intensity of my workout until my heart rate is within a safe range.



SECTION 3: FITNESS ASSESSMENTS

Include the Baseline, Module Four, Module Five and Module Six results below.

Activity	Lesson 1.03 Baseline Results	Module 4 Wellness Plan Results	Module 5 Wellness Plan Results	Module 6 Wellness Plan Results
Mile Run/Walk	11:00	10:30	10:02	9:45
Body Mass Index	23.91	23.03	22.98	22:95
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	12



FITNESS ASSESSMENT REFLECTION QUESTIONS

1. Explain the value of completing and monitoring personal progress using fitness assessments.

Monitoring myself with the same assessments every so often is like a control in a science experiment, it allows me to compare “apples to apples” in order to see how I am improving in these areas of fitness. That helps me adjust my goals and workouts to target the areas of fitness that I want to focus on to see more improvements.

2. What is one specific way that you have influenced or will influence someone’s health in a positive way?

My parents and I have been more intentional about finding ways to encourage my little sister to get at least 60 minutes of activity each day. I shared some of what I learned with my parents, and they agreed that she needs to get up and get moving a bit more. So we’ve shifted to some activities that we can all do together instead of each of us going to the gym and doing our own personal things while my sister basically sat around a lot.



SECTION 4: FLEXIBILITY WORKOUT LOG

Perform and log stretching exercises for all eight muscles listed below at least three 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	3	:25	3	:25
Modified Hurdler's Stretch	Hamstrings	3	:25	4	:25	3	:25
Upper Back/Torso Stretch	Trapezius	4	:20	3	:20	3	:25
Calf Stretch	Gastrocnemius	3	:25	3	:25	3	:25
Lower Back Stretch	Latisimus Dorsi	4	:20	3	:20	3	:20
Chest/Bicep Stretch	Pectoralis/Biceps	2	:20	3	:20	3	:20
Shoulder/Tricep Stretch	Triceps/Deltoids	4	:20	3	:20	4	:20
Lying Abdominal Stretch	Abdominal	2	:20	3	:20	3	:20
		Date: 07/01/2013	Date: 07/02/2013		Date: 07/04/2013		



FLEXIBILITY REFLECTION QUESTIONS

What was the most important, interesting, or surprising thing you learned about your strength and endurance during this course, and how do you think it might impact your mental or physical health as you move forward?

I never thought of myself as a runner, so I was surprised that I have improved my endurance. I don't get as many cramps or fatigue in my legs as I used to, and I think that's because of my regular running, as well as the strength training that I have been doing.



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-lb. weight				3	10	5-lb. weight	
Push-ups	Pectoralis	3	8	Body weight	3	8	Body weight				
Leg curls	Hamstrings	3	15	None				3	15	None	
Pull-ups	Latisimus Dorsi				3	8	Body weight				
Calf raises	Gastrocnemius	3	10	Body weight				3	10	Body weight	
Triceps dips	Triceps	3	12	Body weight	3	10	Body weight				
Bridges	Glutes				3	12	Body weight	3	10	Body weight	
Bicep curls	Biceps	3	15	5 lbs	3	15	5 lbs				
Front raises	Deltoids	3			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

What was the most important, interesting, or surprising thing you learned about your strength and endurance during this course, and how do you think it might impact your mental or physical health as you move forward?

I never thought of myself as a runner, so I was surprised that I have improved my endurance. I don't get as many cramps or fatigue in my legs as I used to, and I think that's because of my regular running, as well as the strength training that I have been doing.



SECTION 6: PHYSICAL ACTIVITY LOG

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

Date	Warm-Up	Physical Activity	Activity Minutes
7/01/2013	Stretching and jogging	Tennis match	100
7/02/2013	Walking	Jogging	60
7/02/2013	Slow volleying	Volleyball game with friends	30
7/03/2013	Jump roping, stretching	Kickboxing class	30
7/03/2013	Stationary bike and stretching	Weight training at gym	30
7/04/2013	Slow volleying	Volleyball game with friends	60
7/05/2013	Jog and stretch	Outdoor long run	70
7/06/2013	Jogging, stretching, slow volleying	Tennis match	30
7/07/2013	Slow elliptical and stretching	Weight training	30
7/07/2013	Walk, slow jog, and stretching	Jogging	45
7/08/2013	Slow elliptical	Elliptical machine	30

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



PHYSICAL ACTIVITY REFLECTION QUESTIONS

1. What physical activities do you plan to continue after you complete this course? Which training principle did you incorporate in your activity routine most often?

I plan on continuing a lot of the activities: tennis, running, and some of the classes I take at the gym with my mom. The activity that is new to me is running – that was never something I ever thought I would like doing, but I am excited by my progress and really think it's something that will be part of my lifestyle now. I used the principle of overload a lot, because pushing myself helped me improve instead of just doing the same amount of weight, time, intensity, etc. each time.

2. Describe at least two things in your own community or in the media that are advocating for healthier lifestyles for kids to help reduce childhood obesity. Do you believe they are effective? Explain.

My little sister watches kid shows, and the commercials have ads for "Let's Go" and others for something that I think is called "Play 60." Those commercials use celebrities, Sesame Street characters, and other ways to encourage kids to be active. They also have things in the ads aimed at parents to remind them why their kids need to be active, which I think is a good reminder. Ironically, since the ads are on TV, I feel like after seeing a commercial I need to turn off the TV and invite my sister to go outside and ride bikes or something...which we sometimes do. So the guilt or friendly reminder works. I think they are effective for the adult reminder; not sure if they're really motivating for my sister or other kids her age.



SECTION 7: FITNESS TRACKER DATA

Include your Module Four, Module Five and Module Six Fitness Tracker results below.

	Module 4 Wellness Plan Results	Module 5 Wellness Plan Results	Module 6 Wellness Plan Results
Average Daily Moves This Week	11,638	12,123	12,678
% Toward my Goal This Week	96%	100%	100%
Total Moves This Week	76,014	80,807	81,198



FITNESS TRACKER REFLECTION QUESTIONS

Did tracking your movements each day make you more intentional in finding ways to be active and keep moving? How will using technology influence you to increase your activity levels in the future? Explain.

Yes, it motivated me to move around a lot more. I am not really that competitive of a person, but I found myself noticing if my numbers were lower on certain days and that bugged me and made me worry about my grade. So I would make a point to take the stairs, or go for a walk, or even just move around the house more than I might have otherwise done. Besides continuing to use a fitness tracker, I will also use apps that provide new exercises for the muscles I am targeting, that track how far I ran, and other apps that I come across that will help me with my activity choices and levels.