



# MODULE ONE WELLNESS PLAN

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*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 of your wellness goals is the most important to you? Explain why.

Reducing my mile run (my physical fitness goal) is most important to me. The effort to run that distance has always been frustrating for me. Now that I am a bit older, I get pace and have more stamina. My mom and brother are planning to run a 5K together, and I want to build up to it so I can join them. It would be fun to do a family thing that we can all be successful in and have some fun.



## 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

Were you able to maintain your workouts within your calculated target heart rate zone? Explain which activities you enjoyed most and which best helped you stay in your THR zone.

Yes, when I jogged on the treadmill I kept in the low to middle range of my zone. I didn't stop during my tennis matches to check my heart rate, but it felt like I was working my heart pretty well then, too. I need to remember to take my pulse immediately after a rally or a set and not wait so I get a realistic pulse count.



## SECTION 3: FITNESS ASSESSMENTS

Include the Baseline and Module One results below.

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		
Body Mass Index	23.91	23.03		
Aerobic Capacity	40.42	41.17		
Curl-ups	20	21		
Push-ups	6	8		
Trunk Lift	7	7		
Sit and Reach	9	11		



### FITNESS ASSESSMENT REFLECTION QUESTIONS

Explain how you feel about your scores when compared to the Healthy Fitness Zone Standards.

Right now my scores are pretty good. I am in the healthy fitness zone for everything but the trunk lift. The most rewarding change is the push-ups. They are hard for girls in general and have always made me want to quit. But now, I am one above the passing score and that feels great. Recording the information and seeing the changes is inspiring.

Explain how your activity routine is improving each of your health-related components of fitness (flexibility, muscular strength and endurance, cardiovascular, and body composition)?

Improving is tough, but I am seeing changes, so the practice and effort is paying off. I see a slight increase in my sit and reach, which means my flexibility is increasing. Being able to do more pushups shows an increase in my strength too. I have also been doing a lot of cardio lately, so that made a slight improvement in my mile walk/run (I was able to push myself to jog more and walk less, upping my intensity). I hope to continue gains in those areas, and to add more weight training to my routine to help that area of my health as well. Seeing my BMI scores is disappointing, but I know the score is not a perfect indicator, just a general measure. The great thing about my BMI score is it decreased, which means I am improving, and THAT is most important. Yea me!!!!



## SECTION 4: PHYSICAL ACTIVITY LOG

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

Date	Warm-Up	Physical Activity	Activity Minutes
6/24/2013	Stretch and jogging	Tennis match	100
6/25/2013	Walking	Jogging	60
6/25/2013	Slow Volley	Volleyball	30
6/26/2013	Jumping Rope	Kickboxing	30
6/26/2013	Stationary Bike and Stretch	Weight training	30
6/27/2013	Jog and stretch	Outdoor long run	70
6/29/2013	Stretching and jogging around court	Tennis	30
6/30/2013	Slow elliptical and stretching	Weight training	30
6/30/2013	Slow jog and stretch	Jogging	45
7/1/2013	Slow elliptical	Elliptical machine	30
7/1/2013	Go from elliptical class	Pilates class	45

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



### PHYSICAL ACTIVITY REFLECTION QUESTIONS

Explain how you have applied or will apply each of the F.I.T.T. principles in your workouts.

**Frequency:** Some activities, like tennis and working out at the gym, I do with regular frequency about every other day. I can't up my gym days, but I can add court time and practice tennis one additional day each week.

**Intensity:** I am working at moderate to vigorous intensity in most of my workouts. By speeding up the elliptical machine, I can push myself at a higher intensity while keeping my time on the machine the same.

**Time:** I am spending at least 30 minutes on most of my activities, especially this time of year because of tennis matches and tennis training/practice. My intention is to increase the minimum time to 35-40 minutes on all days.

**Type:** I am doing a lot of activities focused on cardio and muscles because of tennis, so I probably need to add some other activities to work toward flexibility and to avoid tedium. Maybe I will go with a friend to the indoor trampoline place or go biking with her.



## SECTION 5: FITNESS TRACKER DATA

	Module 1 Wellness Plan Results	Module 2 Wellness Plan Results	Module 3 Wellness Plan Results
Average Daily Moves This Week	11,638		
% Toward My Goal This Week	96%		
Total Moves This Week	76,014		



### FITNESS TRACKER REFLECTION QUESTIONS

Discuss changes you can make in your workout routine to increase your activity participation and improve on your achievements. Include adjustments to completed activities and activities you may wish to add to your routine.

I am already doing a lot of cardio and other activities toward my goals, but more moving will help. It could be as simple as making the offer to take out the garbage to get more steps and make the parents happy, too, a win-win. I could also get off the couch during shows, especially commercials, and do a few jumps or jumping jacks. By doing that stuff and pushing my fitness and sport activity time up from 30 minutes to 35-40, I should easily clear my 100% goal. It will be nice to keep seeing my average moves rise higher and higher.