



MODULE TWO 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 the progress you are making toward each of your goals, and include any setbacks or struggles you are having.

1. Physical – I am improving my mile run score; it is down to around 10 minutes most days. I want to continue to practice and build my cardiovascular fitness so I can reach 9:30 or below and stay at that time consistently. I hope to even get lower than that, based on the progress I am making!
2. Social – I joined the art club at school and am attending the meetings regularly. I missed one when I was sick and one when I wasn't going to have a ride home, but I will try to attend every meeting for the rest of the year.
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 think it is improving our relationship; we fight a lot less, so I am going to continue to make this a priority. It gets hard when I get busy with school, work, and friends—but I have averaged at least one hour three days a week so far.
4. Academic – I have been good about getting all my homework turned in. I forgot my math homework one day and have turned in incomplete assignments in a few classes, but I am doing better at keeping track of my work and managing my time. I need to work harder to make time for my language arts assignments because they take me a long time—so I am going to start marking time on my daily calendar to work on the writing and reading assignments.



SECTION 2: FITNESS ASSESSMENTS

Include the Baseline, Module One, and Module Two 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	10:02	
Body Mass Index	23.91	23.03	22.98	
Aerobic Capacity	40.42	41.17	41.23	
Curl-ups	20	21	23	
Push-ups	6	8	8	
Trunk Lift	7	7	7	
Sit and Reach	9	11	11	



FITNESS ASSESSMENT REFLECTION QUESTIONS

Explain the effects of exercise on your health-related components of fitness since beginning this course.

Flexibility: I focused a lot on flexibility this module because it was one of the topics covered and I had to stretch every day. I noticed that the stretches were easier each day that I did them, and I also noticed it seemed to help my muscles loosen up quicker for certain activities.

Muscular Strength and Endurance: I focused on this area, as well, because I had to complete a log of muscle exercises. I found that my legs and abs were stronger than my arms, so I am going to focus on push-ups, front lifts, and other arm exercises more in the next few weeks.

Cardiovascular: I am seeing an improvement in my mile run/walk time, and my aerobic capacity, thanks to the activities I am completing. I have never been a person who loves to jog or run, but I am enjoying seeing the progress and maybe I will become one of those people who run regularly.

Body Composition: I think as I incorporate resistance and flexibility into my workout more, I am seeing even better results for body composition. I don't necessarily care if I decrease my size, I just want to make sure I am toned and have a healthy ratio of muscle and fat.



SECTION 3: 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	:20	3	:20	3	:20		
Modified Hurdler's Stretch	Hamstrings	3	:20	4	:20	3	:20		
Upper Back/Torso Stretch	Trapezius	4	:20	3	:20	3	:25		
Calf Stretch	Gastrocnemius	3	:25	3	:20	3	:20		
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

Did the stretches become easier each time that you performed them? Did you notice any effect on your muscles during physical activities completed after stretching?

Yes, some of the stretches seemed to be easier with each rep and others seemed easier each day that I did it. I can definitely tell that some of my muscles and joints are more flexible than others because I had trouble doing some of these stretches. I did notice that doing these stretches after a warm-up and before a specific activity that used the same muscle seemed to help me get right into the activity with more range of motion, such as with my tennis swing.



SECTION 4: 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 Weight	3	8	Body Weight				
Hip Extensions	Hamstrings	3	12	none				3	12	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				
Shoulder Shrugs	Trapezius				3	12	5 lbs	3	10	5 lbs	
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

Based on your workout, what muscles do you think are the strongest and which muscles need the most work? Explain your answer.

I feel like my legs and abdominal muscles are pretty strong; I can increase the resistance or number of reps for those workouts because what I did was not super challenging for me. I need to work more on my arm strength because push-ups and bicep curls are challenging for me, and front raises were very hard! I might look up additional exercises to try to for those muscles so I can continue to strengthen them.



SECTION 5: PHYSICAL ACTIVITY LOG

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

Date	Warm-Up	Physical Activity	Activity Minutes
7/01/2013	Stretch and Jog	Tennis	100
7/02/2013	Walking	Jogging	60
7/02/2013	Slow volley	Volleyball	30
7/03/2013	Jump rope and stretch	Kickboxing class	30
7/03/2013	Stationary bike and stretch	Weight training	30
7/04/2013	Slow volley	Volleyball	60
7/05/2013	Jog and stretch	Outdoor long run	70
7/06/2013	Jogging, stretching, slow volley	Tennis	30
7/07/2013	Slow elliptical and stretch	Weight training	30
7/07/2013	Walk, slow jog, and stretch	Jogging	45
7/08/2013	Stretching at beginning of class	Hip hop dance class	45

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



PHYSICAL ACTIVITY REFLECTION QUESTIONS

Explain how using training principles in your workouts impacts your skill-related fitness.

Frequency: Since I started playing tennis one more day per week, my reaction time to return shots has improved. I also notice I am quicker getting to the volleyball when playing with friends.

Describe an activity you completed and identify at least one element of skill-related fitness that is important to being successful in the activity.

As I continue in my kickboxing class, I recognized that the power of my kicks has increased and so has my agility. My ability to change direction is much sharper.



SECTION 6: 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	12,123	
% Toward my Goal This Week	96%	100%	
Total Moves This Week	76,014	80,007	



FITNESS TRACKER REFLECTION QUESTIONS

Have you made any adjustments to your workout routine to increase your activity participation and improve on your achievements? What adjustments will you make to continue to improve your results?

I tried to do more movements, like take the stairs instead of the elevator at the doctor's office or mall and walk around outside more during lunch. I said I was going to get off the couch during shows, especially commercials, and do a few jumps or jumping jacks but I only did that once—I will try to do more this week. I reached 100 percent of my goal this week, but I want to continue to do so while also beating last week's total moves.