



# MODULE FOUR 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 have taken for the goal you are closest to achieving.

1. Physical—I am closest to my physical 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. I have been diligent about running and fitting in other activities so I improve. It is working, and it feels great.
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.



### HEART RATE REFLECTION QUESTIONS

How often do you check your heart rate during a workout? Why is it important to do so? Explain if your heart rate recovery is happening more quickly after workouts and why you think this is happening.

Honestly, I find it easier to check it during straightforward cardiovascular workouts like jogging or using the elliptical than when I am playing a tennis match or a game with friends. I need to get better at monitoring it during all activities. It is important because you want to make sure you're staying safe and not exceeding the high end of the target heart rate zone, and you also want to make sure all cardio activities are getting your heart rate up enough to be reaping the benefits...since that's one of the main goals of those exercises. For my recovery rates, I am getting under 120 bpm within five minutes like I should, but sometimes I am a little over 100 bpm after ten minutes. My bpm will range from about 96 or 97 to about 102. Since it is close to 100 and this is a guideline, I feel like I am doing just fine.



## SECTION 3: FITNESS ASSESSMENTS

Activity	Lesson 1.03 Baseline Results	Module ( Wellness Plan Results	Module ) Wellness Plan Results	Module * 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

1. What areas of these fitness assessments are you hoping to see the most improvement in over the next few weeks?

I am really hoping to see more improvement in my mile run/walk and aerobic capacity.

2. What specific actions will you take to help improve in these areas?

I will focus on cardiorespiratory activities and push myself to work harder and go a little faster with the jogging and other cardio activities this week. I will also specifically practice a full mile to help with my pace and mile run time.



## 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	3	:20	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	Trapezius/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

Explain how you are including dynamic stretches in your workouts. Which dynamic stretches are you finding most helpful? Why?

After a quick warm up, I have been stretching since learning about its value. I have combined dynamic stretches with static stretches before getting into my heavy workouts. For me, since I have a running goal as a major goal, I find walking lunges and leg kicks with high knees to be most helpful. I also do arm circles and trunk twists, but they do not feel as important, although I will keep doing them.



## 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 48hour 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	5lbs	
Push-ups	Pectoralis	3	8	Body		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	
Triceps	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

What muscle groups are the most uncomfortable or difficult for you to work out?  
What are two additional activities that you can incorporate into next week’s physical activity to help work those muscles?

I would say squats (quadriceps) are the most challenging for me; I really make an effort to do the full set each time, but it is challenging for me. I looked up quadriceps exercises online, and the three additional activities I think I can do to continue to work on my quadriceps are cat walks (you are down on all fours and alternate moving a hand and the opposite foot while putting pressure on the thighs and buttocks;), lateral lunges (you spread your legs to shoulder width and keep your body straight, and then move one foot outwards while extending the opening of your legs; while putting pressure on your thigh muscles, fold your leg, and try not to lift your heels, as well as keeping your supporting foot still;), and a squat with stability ball (stand with your shoulders facing a wall; position the stability ball between you and the wall, so that it occupies the space from your shoulder blades to your buttocks; keep your feet forward in comparison to the axis of your body, and then do squats.) These were all ranked with low to moderate difficulty, so I think they would be a good addition to mix things up with my quads workout.



## 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
7/03/2013	Jump Rope	Kickboxing class	30
7/03/2013	Stationary bike and stretch	Weight training	30
7/04/2013	Slow volleying	Volleyball game with friends	60
7/05/2013	Jog and stretch	Outdoor long run	70
7/06/2013	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
7/08/2013	Stretching at the beginning of class	Hip hop dance class	45

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



### PHYSICAL ACTIVITY REFLECTION QUESTIONS

It is important to use proper etiquette, take care of equipment, show respect for facilities, and use safe behaviors when participating in physical activities.

1. Thinking of the activities you participated in this week, what is the most important safety precaution or rule that you followed? Explain why you think it is so important.

I can think of two safety precautions that are both really important to my activities this week. Stretching and warming up are very important for me, especially before a demanding tennis match. That helps me avoid cramps and injuries and also gets me ready to play my best from the beginning. The other one this week was following proper technique and using a spotter in weight lifting. I am rather new to some of the weight lifting that we do with my tennis coach, so it is important that I follow instructions and have a spotter there to help me to keep me from getting hurt.

2. Describe one way that you showed respect for equipment, facilities, or teammates in your activities this week.

When I work out at the gym, I make sure to wipe down the equipment and put everything away when I am done. That keeps everything in good condition and shows respect to others who will want to use it after I am done. I also make sure to always shake hands after a tennis match to show good sportsmanship and respect to my opponent and to the officials.



## SECTION 7: FITNESS TRACKER DATA

	Module 4 Wellness Plan Results	Module 5 Wellness Plan Results	Module 6 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

Based on these values, how do you feel about your level of activity and daily moves? What specific changes can you make 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.