**NUTR 150: W09 Assignment – ACT Project Reflection**

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| **Name:** |  |

Elder Robert D. Hales taught, “that use of our agency determines who we are and what we will be” (“To Act for Ourselves: The Gift and Blessing of Agency”, Ensign, May 2006, 4-8). During your ACT project, you used your agency and chose to “act” or work on implementing a nutrition recommendation to decrease a particular nutrition-related health risk. In this assignment, you will have the opportunity to reflect on this experience, what you have learned, and how it may impact your future action.

**ACT Project Summary**

1. **ACT Project Summary** *(8 points).*After completing your individual 5-Day ACT Project (see Assignment 8-Health Genogram for directions), answer the following questions.

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| A. Which **one (1)** nutrition-related health condition did you choose for this activity? | |  |
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| B. What nutrition recommendation or ACTion did you select to decrease your risk for the above nutrition-related health condition? *Remember: exercise and sleep are not nutrition recommendations.* | |  |
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| C. Describe how you implemented your nutrition ACTion. Give at least **two (2) specific, detailed examples,** to illustrate how you chose to take “action” in this project. | |  |
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| D. Identify at least **one (1) life skill, or “soft skill”** (examples include: communication, problem-solving, adaptability, time-management, and self-motivation) you developed or used in this project. Give at least **one (1) specific example** of how you developed or used this life skill during your project. | |  |
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**Reflection**

1. **Reflection**.
   * Reflect on your thoughts and experiences of completing your ACT Project. Think about what went well, what was difficult, and what you would do differently if you were to do the project again.
   * Then answer **three (3)** of following six (6) reflection questions below.

**Grammar and Spelling** *(3 points)*.Correct spelling, grammar, and punctuation is a requirement for NUTR 150 assignments. Please spell/grammar check your reflection answers and then re-read your responses to make sure you catch and correct errors. (Note: Microsoft Word does highlight some of your spelling and grammar errors. Make sure you click on those highlighted errors and correct them).

**Choose 3 of the 6 reflection questions to answer** *(9 points total)*:

1. **Biggest Challenge** *(3 points)*.
   * In **1-2 paragraphs**, describe what your biggest challenge was in completing this activity and how you overcame it.
   * Include at least **one (1)** specific example to support your answer.

*Type reflection here . . .*

1. **Take-Away** *(3 points)*.
   * In **1-2 paragraphs,** describe what you learned or what you are “taking-away” from this experience.
   * Include at least **one (1)** specific example to support your answer.

*Type reflection here . . .*

1. **Improve Learning/Understanding** *(3 points)*.
   * In **1-2 paragraphs,** describe how this activity improved your learning and/or understanding of nutrition.
   * Include at least **one (1)** specific example to support your answer.

*Type reflection here . . .*

1. **Continuation of ACTion** *(3 points)*.
   * In **1-2 paragraphs,** describe how you plan to continue implementing this ACTion.
   * Include at least **one (1)** specific example to support your answer.

*Type reflection here . . .*

1. **Motivation for ACTion** *(3 points)*.
   * In **1-2 paragraphs,** describe what prompted you to make the decision to implement the recommendation.
   * Include at least **one (1)** specific example to support your answer.

*Type reflection here . . .*

1. **Impact on Learning** *(3 points)*.
   * In **1-2 paragraphs,** explain how applying nutrition recommendations (such as in this ACT Project) affect what you are learning in this course.
   * Include at least **one (1)** specific example to support your answer.

*Type reflection here . . .*

**W09 Bonus Code Word Submission *(Optional)***

After attending the “Weekly Instructor Review” or watching the recording, complete this section to earn 2 bonus points.

* Complete this on your own without help from another person.
* Please be sure to spell and enter the code word exactly as it was given to receive credit.

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| **W09:** Type in the bonus code word: | | | | |
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