

# Scientific Experiment

## 1. State the problem

I need improve my alimentation because I would like have a healthy life.  
I need improve my schedules because I feel that need organize myself  
because I would like have more time for do exercises.

## 2. Gather information:

Have a consistent sleep schedule.

Do exercises regularly.

Eliminate caffeine.

When you can eliminate computer use later in the evening.

Do not use the time in the bed to plan the next day.

The environment must be dark and cool.

## 3. Make your hypothesis:

If I don't eat sugar and eliminate caffeine, it should help me have a healthy life.

If I eat healthy food and do exercises regularly, it should help me feel better.

If I have a schedule to sleep, I will wake up on time.

If I have a schedule to meditate in the morning, it should help me have more energy and peace.

## 4. Experiment:

Do schedule: I write the main activities of the day including classes on cards and I put them on the wall with hours. With other color I write the important remarks like "cellphone until 9 pm", "be careful with the sugar", "meditation in the morning is important".

### Schedule:

Activities	Time
Wake up	7:00 am
Shower and get ready	7:30 am
Meditation	8:10 am
Breakfast	8:40 am
Read news	9:30 am
Start classes	10:00 am
Lunch	12:30 pm
Start classes	1:15 pm
Meditation	4:00 pm
Review homework	5:00 pm
Dinner	6:30 pm
Do exercises	7:30 pm
Sleep	10:00 pm

Eat better: I eliminate sugar and caffeine of all meals.

Do exercises: I think that is important do exercises with friends and I should motivate them to do together.

### **5. Gather and analyze data:**

I eliminate sugar and caffeine but I have not noticed anything yet.

I feel better with the cards in the wall and I will start sleeping at 9: 30 pm.

## **6 & 7. Draw your conclusion and Communicate findings:**

Since the week before I implemented new habits like going to bed between 10 pm and 10:30 pm. The other habit was not drinking coffee and eliminating sugar, today I started exercising.

### **Did your hypothesis for each new habit turn out to be true?**

Yes, I have not yet been able to eliminate 100% sugar, but I have eliminated coffee and I feel healthier, without coffee I have been able to sleep better. I have changed my sleep schedules and feel better and even sleepless during the day. Meditating in the morning has helped me pay more attention.

### **Did you need to make adjustments in your plan? If so what did you change?**

Yes, I need to change the time I exercise that would be before dinner and I also need to add time to communicate with my family after dinner.

### **Which new habits seem to be beneficial?**

The new habits that are beneficial are reducing sugar, eliminating coffee, sleeping early and meditating.

### **How did the changes brought about by each new habit affect your day and your outlook?**

Each habit has helped me, for example when planning I felt calm and this week I started with physical activity, when I start to sleep earlier I wake up with more spirit and with more attention.

### **Was it worth the effort?**

It was worth it, sometimes I feel like coffee but I will drink it once a week in the morning, I continue to reduce my sugar intake and sleeping

early was very difficult but it has been worth it for the benefits I have had.

**Which new habits do you think you will continue?**

I will continue to improve in the time to sleep, I will continue with the habits of lowering sugar and doing physical exercise and continuing to meditate.

**\*\*Add to this which of the behavioral rasayanas or characteristics of self-actualization you want to try and improve in!**

Rasayana: Moderation and self-control is recommended in any activity that can lead to imbalances.

I have chosen this point to improve since I think that moderation goes in all directions, for example it is good to study but we must also distract ourselves and take care of our body and mind because life must be in balance. Sometimes I neglect to exercise or meditate so I will keep this rasayana in mind.