From:	Hawkins, Jake
To:	Godfrey, Kory
Subject:	A "syllabus" of sorts
Date:	Saturday, November 2, 2019 9:36:04 PM

Bro Godfrey, outlined is how I envisage the rest of the semester going. A second email will follow. It will contain updates on my first weeks of "projects". Let me know what you think! thanks!

I succeed (deserve an A) in the class if the following implementations occur (denoted by empty bullets and others):

Fitness project "Deep Learning"

- (goal) Heart- change my relationship with food.
- Discuss in weekly email and in a final fitness project report
- (goal) Mind- learn about how my body responds to different eating and workout techniques
- Discuss in weekly email and in a final fitness project report

(goal) Physical body- make an effort to: track my calories, work out 4-6 times a week.

- Discuss in weekly email and in a final fitness project report
- (goal) Immortal Soul- learn about how spirituality ties in with my temple (body)
- Discuss in weekly email and in a final fitness project report

Family History + other

- I Learn gospel insights into success and project management
  - This can be measured by emailing on it every week and reporting on it on my final report paper.
- I Engage the stakeholders
  - I will do things like tell some of them about the project, getting their input and perhaps their help as well.

This can be measured by me reporting on it every week and in my final paper.

- I make a successful Family history binder
    - This will consist of reporting on various people in my ancestry (or wife's) through various methods including, but not limited to: pictures, stories, documents, and historical context. These things will be gathered into a binder. I will intend on this being something to be shared with family.
    - This can be measured by me sending you pictures of it at the end and reporting on it every week.
- I create a report at the end summarizing things pertaining to my experience in this class, complete with pictures of my finished binder.
- I send out an email every week of the rest of the semester, starting (soon!) up until Dec 14. The final papers and pictures of the binder will be turned in sometime before the 18th.

My Weekly reports will consist of:

- My family history binder- progress
- The stakeholders- my interactions with them, give an update
- My gospel learning on success and project management
- Optionally: Report on other projects I am doing – how what is happening is related to project management.
- Fitness deep learning things.