PLP Report – Healthy Eating and Physical Fitness

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REL 200, Section: 72

# General Instructions

Save this template on your computer and make a copy for each of your PLP’s, with a filename something like ‘Jon Doe PLP-1’**. The work for the entire PLP should be included in this one document but the document is** ***uploaded three times***, at each PLP assignment deadline (Plan, Progress, or Report). Follow the calendar and instructions in your course for submitting each assignment on time, in the appropriate Assignment folder.

# Project Plan

Read the instructions in your course *for the specific PLP* you have chosen and follow them with exactness. In this space you will write down your plan according to the instructions for that PLP option. **(1 Page)**

For this project I will work on healthy eating and physical fitness. I want to develop a good relationship with food because right now I live to eat and not eat to live. I want to enjoy foods for the taste and not enjoy it for the sake of eating. Having a good relationship with my food now will help me have a better relationship with myself and help my future kids think highly of themselves. For the next few weeks, I want to improve my running abilities. I want to be able to run faster and longer and build up my endurance. I will run every day even if it is just a short run. I will do whatever I can to get active that day. I will plan to do a long run two times a week and faster runs a few other times and short easy runs on the missing gaps. I will work on running faster and try to increase my speed weekly. A healthy eating goal I want to work on is eating only when I am hungry and try to incorporate each food group into all my meals. I will try to have 3 complete meals a day and snack less. When I do snack I will aim to have fruit or veggies rather than processed foods. To track my eating habits and my fitness level and activity I will use the health app on my phone.

# Midway Progress Report

In this space you’ll give us an update of your progress towards your goals. Be sure to refer to the instructions *for the specific PLP* you have selected and ***answer all the questions*** given for the Midway Progress Report. **(1-2 pages)**

After 2 weeks of this challenge I have seen an overall change in my mental health. This was not the goal originally, I originally wanted to develop a better relationship with food. I am doing pretty well with keeping my goals. I have reduced my snack intake and have definitely started eating better. I make almost all my meals unless out somewhere with friends. Even when I am with friends I still choose a better item than the one I would usually choose. One of the goals I am struggling with is working out daily. I find myself getting tired after a certain time or thinking of all the other things I need to do. I have a hard time waking up early enough to exercise and go to class and do everything I need. I choose other activities over exercise instead so I need to work on that. Some tools, tricks and tips I have been using to be successful would be to not buy unhealthy food. Out of sight out of mind is a big thing for me. As long as I do not have it in my pantry I am okay and not craving it. Another trick I have been doing is to drink more water to reduce any cravings I might have. I have been drinking more liquids in general that have lower calories or are beneficial to the body to help fight cravings. On days when I am good with exercise I am able to wake up early and go to the gym right when I wake up. This way I don’t get distracted with anything else and do what I need to. The most impactful lessons I have learned so far is that with a plan and goals I achieve more. Because I wrote down my goals I was able to stick to them and be successful. Some things I want to improve on is my exercise. I want to really stick to my goals. I will need to start going to bed sooner and being energized so I can run the next morning.

# Final Report

In this space you’ll give the final write up on your experience working on your PLP goals over the last four weeks. Be sure to refer to the instructions *for the specific PLP* you have selected and ***answer all the questions*** given for the Final Report.  **(1-2 pages)**

Healthy eating and physical fitness are so important for our daily lives. Eating healthy and exercise help us feel better about ourselves. Feeling better about ourselves helps us build our relationship with Heavenly Father. Our bodies are temples and taking care of them builds our testimonies and relationship with Heavenly Father. We work on being perfected and see how Heavenly Father sees us. Our own physical well being not only affects us, but our family. For children it is about setting a good example on how to take care of ourselves. Children can learn how to take care of themselves and learn to be perfect like Christ. For other members of the family, we can also be examples and be able to encourage healthy living all around. Healthy eating and physical exercise don’t just help us physically, but mentally and can help us care about ourselves and be able to have relationships with loved ones. After these few weeks I feel like I was successful. I was diligent with my planning and really wanted to better myself. With this project it has help open my mind and discover more about myself. It has bettered me and realized the greater importance of taking care of myself. I found that after a few days of working out consistently it became easier to get myself to work out. The exercises I did became easier and I became stronger. Something difficult I experienced during this project was getting rid of my unhealthy food cravings. My friends wanted to go out to eat or go get ice cream and I found it hard to say no or choose a healthier option. The most important thing I have learned from this project is that my health is most important. For me to be able to love people like Christ I have to love myself. I will continue to work out diligently and be mindful of my eating. I will continue to strive to work on myself and love myself.