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)**

Click or tap here to write your progress report.

# 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)**

Click or tap here to write your final report.