Provident Living Project # Click here to add project number

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**Instructor name**: Brother Jardine

**Class**: REL 200, Section 46

# Instructions

1. 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).
2. Format your writing using double space, 12 pt. Times New Roman, and free from grammar and spelling errors.
3. Follow the calendar and instructions in your course for submitting each assignment on time, in the appropriate Assignment folder.

# Section 1: 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 my Provident Living Project #2 I chose to go with something physical, because I chose spiritual last time. I am excited for this one, because I have been wanting to start doing better with eating healthier and exercising more. Between work and school though it is one of the last things on my list. If it is part of a school project, it will be higher on my list.

For the Healthy Eating and Physical fitness Project my main goal will be to have better stress management and an overall healthier lifestyle.

* Over Arching Health goal: Stress management and cultivating a healthy lifestyle.
* Fitness Goal: Cardio for at least 30 minutes a day.
* Healthy Eating Goal: I want to be better at not skipping meals. I usually skip breakfast, because I am not hungry, but I don’t have energy throughout the day because of the lack of fuel.

I am going to use the health app on my phone, and enter how long I exercise for, and what I

do for it each day. I will also enter if I ate breakfast or not. This will keep all of the information in one place, and I can keep track of it better.

# Section 2: Midway Progress Report

In this space, 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 Midway Progress Report

# Section 3: Final Report

In this space, 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