Provident Living Project # 2

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**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)**

My plan will be to focus on weight management. I’m nearing graduation and would like to be a little lighter than I currently am, just in case COVID clears up and we all get to go to Rexburg and walk. There are a few methods that I am going to employ to accomplish this.

The first is calorie tracking. I think the most important thing when trying to make a change is having the data necessary to make that change. In the case of weight loss, the biggest data point for that is calories. Intake and expenditure. If you are intaking more than your expending, then you are going to gain. If you are wanting to lose weight, you must change that ratio so that you are expending more then you are intaking. To track that I am going to use My Fitness Pal. This is an easy way to track everyday items.

Next, I am going to start being more conscience about my sleep habits. It is easy to get out of a good sleep cycle and I know that can have a big effect on your ability to control your eating habits.

Finally, I am going to ask God for help in prayer. I will add weight loss to my nightly prayers. I know that Heavenly Father will help me in my endeavors, and nightly prayer will also allow me to recap my mistakes and successes for the day.

# 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)**

1. How well are you keeping to your healthy eating and physical fitness goals? What are you doing well? What are you struggling with?

Not as well as I would have liked. I’m finding it really hard to stick to the goals that I made, so I decided to modify my goals a little bit. I’m going to shift from counting calories to focusing on drinking more water and sleeping better. I’ve been doing a bit of research and it seems like those are two key factors that you should start doing prior to calories, as it gets you used to having more self control, and not feeling as hungry through drinking water.

1. What tools, tricks, and tips are helping you to be successful?

I found that drinking water can really help curb a lot of your appetites. It’s a great 0 calorie replacement, and while it’s a little bland it sure can be refreshing after a long day.

1. What are the most impactful lessons you have learned so far?

The biggest lesson that I have learned so far is that no matter what happens it’s important to keep trying. Sure, I haven’t seen the results I wanted to see. Sure, I’m changing my strategy a bit to see if that will help me start down the correct path instead of charging down it. But, I’m still trying and I think that’s the most important.

1. What specific things do you want to improve or change for the duration of this project?

I mentioned this in number one, but I’m going to change my goals so that I can focus more on things to set me down the correct path, instead of trying and failing at what I’ve been doing. Those goals are drinking much more water, and sleeping more.

# 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)**

Being of sound body is very important to provident living. Without good physical fitness and eating habits you won’t be able to maintain a lifestyle of service into your late adult years. You won’t be able to support your family as well if you don’t have good physical health. You also can’t play with your children, and learn from them and teach them as effectively without a decent level of physical fitness.

I think this project has been successful, so far. Physical fitness isn’t something you can just do for a few weeks/months and then be “done” with. Just like everything with provident living you have to continuously work on it, or it will begin to deteriorate. I really learned a lot about the importance of staying fit, instead of having to try and become fit again. It’s significantly more difficult to lose weight then it is to maintain it.

I will continue to apply what I’ve learned by being sure to actively monitor my health and physical fitness, instead of letting it slip.