Provident Living Project # Click here to add project number

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**Class**: REL 200, Section C

# 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)**

I have chosen the healthy eating and fitness plan and my overarching goal is to reduce the stress in my life by eating healthier meals and obtaining physical exercise on a regular basis. For the next 4 weeks I plan on spending my Monday’s planning meals for the week to allow me to be prepared to make healthier meals. To make sure I am staying on track and keeping up with these goals I will be keeping a small journal that helps me track what I was able to follow through with and what didn’t seem to work.

For the fitness part of my goal, I will start by following a walking and hiking protocol that was given to me by my cousin who is a physical therapist. This will ease me into a more strenuous fitness program that I can start in 3 weeks or so. In order to track my progress, I will use a section of my food and fitness journal to keep track of the time and distance walked or hiked each day. Just to help be more accurate with my results I have a Fitbit watch that I will use to keep real time information and data. This way I can have my workouts and meals immediately documented and available to put into my journal the same evening.

# 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)**

As I started the process I realized very quickly that just making my food plan wasn’t going to be the answer. I started to plan meals and had very little of the ingredients for meals I found and then I also needed to stay on budget so it took more effort that just Monday. I was able to get a plan and get my necessary items by Wednesday that week. It has been much easier knowing what we are going to be eating for the day and that has kept me on track better than expected. While searching the web Monday I found a blog for finding great deals and eating healthy that has been really helpful.

The fitness side has been quite easy because I have enjoyed the walks and hiking workouts. They are enough to get my blood pumping but I can do them any time of day and not have to change outfits or shower right after. I really feel like my stress levels have been going down too because when I start feeling stressed, I get my shoes and go for a walk. Even with the high winds that prevented me from outdoor walks this week I found that putting music on and walking on my elliptical has been great. One of the surprising benefits is that after my walk I feel energized and have added a few strength training items to my routine.

The biggest benefit from this has been the stress level changes. This week is going to be my busiest week with a dance recital, musical performance and Trek meetings but I feel really good. I normally would be getting headaches and overthinking all the possibilities but going for a daily walk lets me think through all those things in a much more positive way. I hope that next week as I balance out the meal planning and eating healthier that it will just increase that feeling.

In conclusion, I plan to put a little more effort into the healthier eating goals so that both of my goals can be reached. I will be following the meal plan I already created and it allows some healthy quick meals for days when I won’t have time to do much cooking. I also think I will add a little weight training when I have extra time after my walks and hikes since I feel so good right after walking and hiking. Hopefully, I will be able to keep up this week especially as I have several things that will be demanding my time and energy.

# 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)**

**(Also remember to complete your Final Video Report through the appropriate assignment page.)**

Thought I am not an excellent example of it, I know that healthy eating and exercise are incredibly important to the well-being of every human being on the planet. We have these wonderful bodies blessed to us by our Father in Heaven and they have so many abilities that are opened up when we correctly care for them. When we eat well and exercise we have the capacity to do many more things that if we don’t prioritize being healthy. Like the scriptures tell us in D&C 89:20 “shall run and not be weary, and shall walk and not faint.” These are the types of blessings that are awarded us when we follow the counsel of the Lord on how to care for our earthly bodies.

I definitely feel like I was successful in completing this project. It did not go exactly how I expected but I am learning that you make plans and adjust them as they go so you get the most out of them rather than just follow the plan for the plan’s sake. It was so beneficial to my mental health to go for daily walks and just listen to the sounds of the world around me. I was able to think through situations and regain the calm that I needed to get through the rest of the stressful day. Because I didn’t set goals that were far reaching at the start I felt like it was much more manageable than trying in the past. It was still difficult to organize and plan my meals out as our lives are just so busy this month that we have had to grab meals on the go too much. It did place my mind in a better place though so I tried to choose healthier options.

The most important thing I gained from this would have to be that I was able to not let my mistakes or failures bring me down. Usually, I would be incredibly disheartened and feel like quitting all-together. I was very lenient with myself and this made it so much more of a pleasure to do. I feel like I should be a lot more patient with myself in a lot of other areas in my life and that would reduce a large amount of my stress.

As far as continuing to apply the principles of healthy eating and physical fitness I am going to continue with the plan I have and focus on not getting to the point where putting forth an effort, even small, isn’t good enough. That is what causes me to quit. Five or six minutes is way better than none and if I can remember that in other parts of my life I think I will gain a lot more than feeling healthier.