

My Walking Fitness

Data Journal

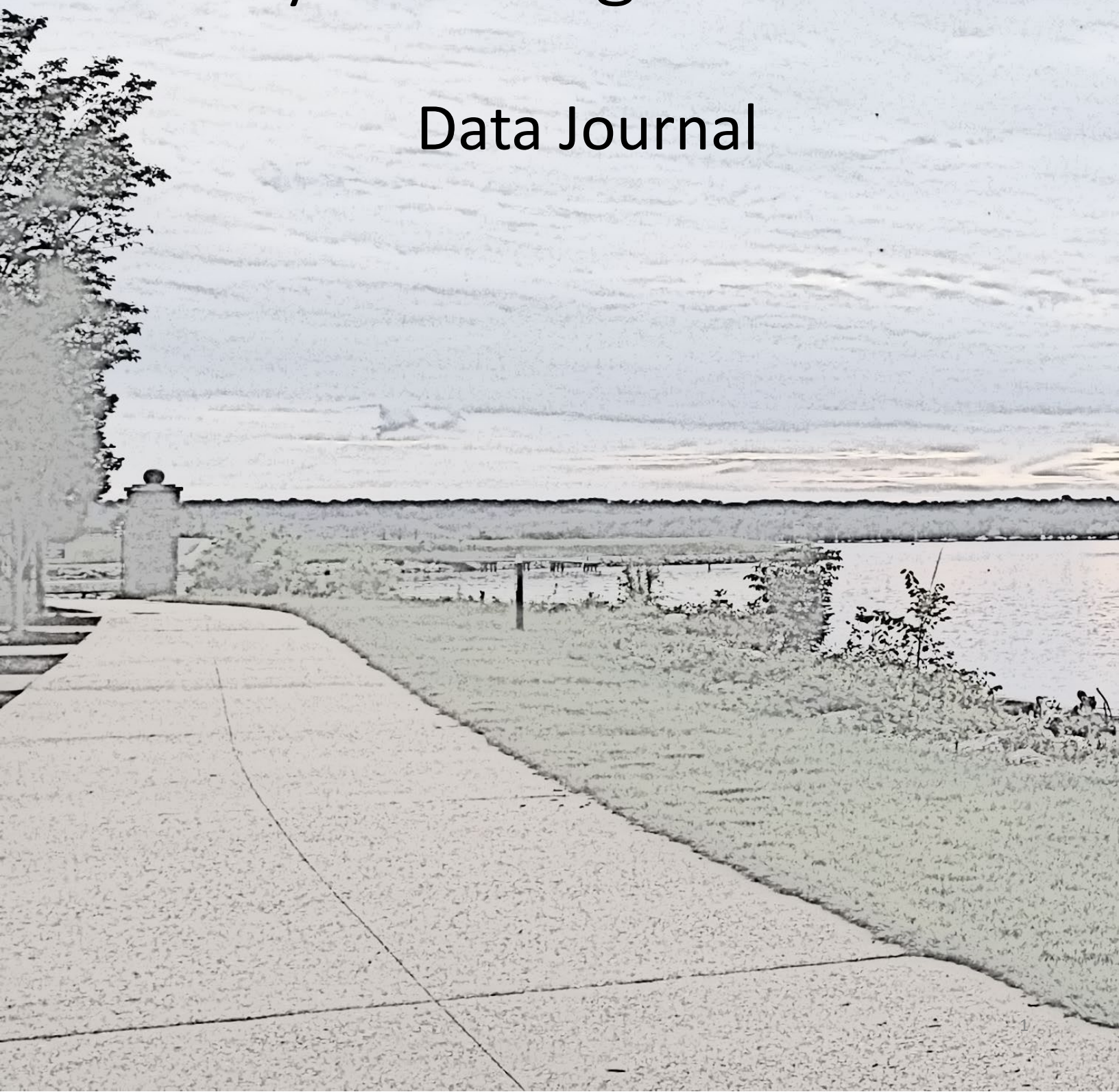


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Goal, Hypothesis, and Prediction



Skills

The skill you will focus on in this course is **Critical Thinking: Interpretation & Analysis**. To accomplish this goal, you will need to do the following items:

- Set a **goal**
- Formulate a **hypothesis** that is relevant to your goal
- Make a **prediction** as to what you think the result will be as you work toward your goal.

If you need a reminder on the definitions of these three items, take a minute to review the content in Module 1: Overview.

In the spaces provided below, list your **health & fitness goal**, your **hypothesis** specific to your goal, and what you **predict** to be the result of your goal.

Health & Fitness Goal:	To maintain a healthy level of exercise
Hypothesis:	If I walk for an hour everyday, I'll be able to maintain a healthy level of exercise
Prediction:	After walking for an hour everyday, I will have maintained a healthy level of exercise

Personal data tracking part 1

Instructions: Each day you will record your personal data on the chart given.

1. Check and Record your heart rate (BPM) before and after you walk.
2. **Record** the following, after walking.
 1. Distance – how far you walked in miles or kilometers.
 2. Total time- from start to stop, how long did you walk?
3. **Answer** all reflection questions and prompts.

Session Number	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7
Heart Rate	81	79	84	76	80	70	78
Walk Time	1 hr	1 hr	1 hr	1 hr	1 hr	1 hr	1 hr
Walk Distance	3 miles	3 miles	3 miles	3 miles	3 miles	3 miles	3 miles
Heart Rate	135	122	130	122	129	125	123
Session Number	Session 8	Session 9	Session 10	Session 11	Session 12	Session 13	Session 14
Heart Rate	70	81	73	85	90	74	86
Walk Time	1 hr	1 hr	1 hr	1 hr	1 hr	1 hr	1 hr
Walk Distance	3 miles	3 miles	3 miles	3 miles	3 miles	3 miles	3 miles
Heart Rate	137	125	131	134	133	128	132
Session Number	Session 15	Session 16	Session 17	Session 18	Session 19	Session 20	Session 21
Heart Rate	86	85	80	87	80	88	87
Walk Time	1 hr	1 hr	1 hr	1 hr	1 hr	1 hr	1 hr
Walk Distance	3 miles	3 miles	3 miles	3 miles	3 miles	3 miles	3 miles
Heart Rate	130	138	139	123	120	132	125
Session Number	Session 22	Session 23	Session 24	Session 25	Session 26	Session 27	Session 28
Heart Rate	84	79	77	84	80	84	86
Walk Time	1 hr	1 hr	1 hr	1 hr	1 hr	1 hr	1 hr
Walk Distance	3 miles	3 miles	3 miles	3 miles	3 miles	3 miles	3 miles
Heart Rate	135	139	132	131	137	127	126
Session Number	Session 29	Session 30	Session 31	Session 32	Session 33	Session 34	Session 35
Heart Rate	71	90	82	70	70	90	84
Walk Time	1 hr	1 hr	1 hr	1 hr	1 hr	1 hr	1 hr
Walk Distance	3 miles	3 miles	3 miles	3 miles	3 miles	3 miles	3 miles
Heart Rate	128	124	124	133	122	132	133
Session Number	Session 36	Session 37	Session 38	Session 39	Session 40	Session 41	Session 42
Heart Rate	83	87	78	85	84	86	79
Walk Time	1 hr	1 hr	1 hr	1 hr	1 hr	1 hr	1 hr
Walk Distance	3 miles	3 miles	3 miles	3 miles	3 miles	3 miles	3 miles
Heart Rate	139	139	130	134	132	138	133
Session Number	Session 43	Session 44	Session 45	Session 46	Session 47	Session 48	Session 49
Heart Rate	82	85	84	90	87	85	88
Walk Time	1 hr	1 hr	1 hr	1 hr	1 hr	1 hr	1 hr
Walk Distance	3 miles	3 miles	3 miles	3 miles	3 miles	3 miles	3 miles
Heart Rate	136	141	132	128	123	138	132

Personal data tracking part 2

Instructions: Each day you will record your personal data on the chart given.

1. Check and Record your heart rate (BPM) before and after you walk.
2. **Record** the following, after walking.
 1. Distance – how far you walked in miles or kilometers.
 2. Total time- from start to stop, how long did you walk?
3. **Answer** all reflection questions and prompts.

Session Number	Session 50	Session 51	Session 52	Session 53	Session 54	Session 55	Session 56
Heart Rate	78	81	79	85	84	82	84
Walk Time	1 hr	1 hr	1 hr	1 hr	1 hr	1 hr	1 hr
Walk Distance	3 miles	3 miles	3 miles	3 miles	3 miles	3 miles	3 miles
Heart Rate	122	135	139	133	131	124	127
Session Number	Session 57	Session 58	Session 59	Session 60	Session 61	Session 62	Session 63
Heart Rate	73	84	76	74	86	84	77
Walk Time	1 hr	1 hr	1 hr	1 hr	1 hr	1 hr	1 hr
Walk Distance	3 miles	3 miles	3 miles	3 miles	3 miles	3 miles	3 miles
Heart Rate	131	135	122	128	130	132	134
Session Number	Session 64	Session 65	Session 66	Session 67	Session 68	Session 69	Session 70
Heart Rate	85	84	78	80	85	79	82
Walk Time	1 hr	1 hr	1 hr	1 hr	1 hr	1 hr	1 hr
Walk Distance	3 miles	3 miles	3 miles	3 miles	3 miles	3 miles	3 miles
Heart Rate	138	135	132	139	137	133	132
Session Number	Session 71	Session 72	Session 73	Session 74	Session 75	Session 76	Session 77
Heart Rate	87	79	73	85	73	86	81
Walk Time	1 hr	1 hr	1 hr	1 hr	1 hr	1 hr	1 hr
Walk Distance	3 miles	3 miles	3 miles	3 miles	3 miles	3 miles	3 miles
Heart Rate	134	135	122	134	128	134	139
Session Number	Session 78	Session 79	Session 80	Session 81	Session 82	Session 83	Session 84
Heart Rate	81	85	84	79			
Walk Time	1 hr	1 hr	1 hr	1 hr			
Walk Distance	3 miles	3 miles	3 miles	3 miles			
Heart Rate	134	135	130	132			
Session Number	Session 85	Session 86	Session 87	Session 88	Session 89	Session 90	Session 91
Heart Rate							
Walk Time							
Walk Distance							
Heart Rate							
Session Number	Session 92	Session 93	Session 94	Session 95	Session 96	Session 97	Session 98
Heart Rate							
Walk Time							
Walk Distance							
Heart Rate							

Module 1 – Reflections -- Basics of a Healthy Lifestyle



Reflection Instructions: Answer the following reflection questions and prompts.

*Be detailed in your explanations and *use your personal data to validate your responses.

1. What does “being healthy” mean to you? Why?

Being healthy means staying active, having energy, and feeling good physically and mentally.

2. What do you hope this class will help you do for your health?

I hope this class helps me build a habit of daily walking and improve my endurance.

3. What is the difference between a **growth mindset** and a **fixed mindset**? What kind of mindset do you think you have?

A growth mindset believes effort leads to improvement, while a fixed mindset sees abilities as unchangeable. I have a growth mindset because I believe I can get better with practice.

4. Did you choose a tracking method, to track your walking distance this semester? Which did choose and Why?

I'm using an Apple Watch to track my walking distance, as it is pretty accurate.

5. What do you think it means to take **responsibility** for your health?

Taking responsibility for my health means staying active, making good choices, and staying consistent with my walking goals.

6. How does keeping a fitness journal help you take responsibility for your health?

A fitness journal helps track progress, set goals, and stay motivated.

7. Write your Heart rate here. 83

8. How can setting a **SMART** goal help you improve your health?

A SMART goal gives clear steps, making it easier to track progress and stay motivated.

9. What is your **walking SMART** goal?

To walk for an hour everyday this year.

Use the SMART goal method to create a positive nutrition goal for yourself and record it here.

Specific: Your goal should be linked to one activity, thought, or idea.

Ask: **What do I want to achieve/accomplish?**

Measurable: Your goal should be something you can track and measure progress toward.

Ask: **How can I tell if I am making progress?**

Actionable: There should be clear tasks or actions you can take to make progress toward a goal.

Ask: **How will I do it?**

Realistic: Your goal should be possible to achieve.

Ask: **Can I do it?**

Timely: Your goal should fall within a specific time period. (**Identify your date to complete your goal by.**)

Ask: **When will I accomplish this?**

Module 2 – Reflections -- Techniques to Develop Affective Walking



Reflection Instructions: Answer the following reflection questions and prompts.

*Be detailed in your explanations and *use your personal data to validate your responses.

1. Go for a walk and really pay attention to how your body moves. **Which of the 4 basic walking techniques do you think you do well? Which one do you want to try adding?**

Doing well: arm swing

Add: straight back, look up not down

2. Create your Walking Fitness Plan/Schedule here:

Walk 1 hour every day (3 miles)

3. **Name 2 warmup activities** from the lessons, that you have consistently engaged in before your walk and assess the activities, explaining the benefit you feel they will give you.

high knees and calf raises

they help me feel ready to walk for a long time and ease me into physical activity

4. Did some warmups work better for you than others. Please explain.

high knees, they're pretty easy

5. How did completing warmup activities effect your walk?

made me feel more effective during my walk

6. What Walking successes have you had so far?

walking every day so far

7. What challenges have you encounter? How did you handle your challenges?

challenge: being busy

solution: setting a specific, non-negotiable time to walk every day

Module 3 – Reflections -- Preparing for the Walking Environment



Reflection Instructions: Answer the following reflection questions and prompts.

*Be detailed in your explanations and *use your personal data to validate your responses.

1. What climate do you live in? Sunny, dry California weather
2. Check the weather in your area for 3 days. What is the source of your weather forecast? (TV? Newspaper? Smartphone?) Did the weather forecast for each day match the forecast?

Day	Weather Forecast	Source of Forecast	Effect on Walking
Day 1	62 degrees, sunny, windy	Apple weather App	Less tiring
Day 2	67 degrees, warmer than	Apple weather App	exhausted
Day 3	67 degrees and warmer than	Apple weather App	exhausted

3. How did you dress for the weather in your area? Please explain.
t shirt and sweatpants as it was sunny.

4. How would you define your personal hydration habits? Explain.
I hydrate quite often. I drink about 1.5 liter of water per day.

5. Name 2-3 new warmup activities from the lesson that you have tried and assess them.

1. March steps
2. Jumps

6. Which warmup activities are you finding the most success with?
I found most success with jumps

Module 4 – Reflections -- Pre and Post Walking Activities



Reflection Instructions: Answer the following reflection questions and prompts.

*Be detailed in your explanations and *use your personal data to validate your responses.

1. What is the most interesting thing you have seen, during your walking?

The most interesting thing i have seen during walking was a black cat that i petted.

2. Did you encounter any new challenges? How did you handle these new challenges?

I had this challenge where i got lost one day as i took a different route and my phone was also out of battery. i got over the challenge by retracing and asking other people.

3. What do you think the warmups and cooldowns will help you with most in your fitness plan?

Warm ups and cooldowns helped me feel better after walking. My muscles did not feel sore.

4. What is the farthest distance you have walked? Are you walking this distance consistently? Explain.

5 miles one day on a hike. I am walking 3 miles everyday. i went on a hike on the weekend and so it as 5 miles both ways.

5. For how long do you currently walk? (Time)

1 hour

6. How are you using this course to help you take **responsibility** for your health?

This course helps me log my progress and feel good about myself and my healthy choices.

7. Name the 3-4 warmups that you are consistently performing before you begin your walk?

High knees
jumps
calf raises

8. How do you think cool-downs will help you after your walks?

it helps my heart rate to come back to normal.

Parent signature certifies that the work submitted by your student is their own work.

Parent Signature _____ Date _____

End of Unit 1- make sure all data and reflections are complete, to this point before submitting.

Module 5 – Reflections -- Nutrition



Reflection Instructions: Answer the following reflection questions and prompts.

*Be detailed in your explanations and *use your personal data to validate your responses.

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Omelet	Oats	Scrambled Eggs	French Toast	Soup
Lunch	Cucumber Sandwich	Egg Sandwich	Samosas	Pasta	Falafel and Pita Bread
Snack(s)	Apple	Apple	grapes	Granola Bar	Apple
Dinner	Rice and Lentil soup	Chickpeas curry with rice	Salmon	Chicken and Rice	Fish

1. Look at your recorded meals in the table above, would you say that you have healthy nutrition habits?
I think my nutritional habits are pretty much healthy except a few days.
2. Look at your MyPlate Quiz results; Did any of your results surprise you? Why?
i got a result of pro which surprised me.
3. Does your quiz results match your 5-day nutrition tracking data?
Yes it does.
4. Which food groups do you already eat in appropriate amounts?
Fruits, grain and dairy
5. Which food groups do you seem to struggle to incorporate into your diet?
vegetables and protein
6. Which of the suggestions for improvement offered by the survey are you most interested in pursuing? Why?
There were no suggestions that was offered in the quiz
7. What do you think your most significant nutrition challenge is? How do you plan to handle this challenge?
Please explain and Write your nutrition SMART Goal here:
Challenge: When eating with friends it is hard to follow my meal plan.

SMART goal:

Eat protein in breakfast and vegetables in dinner everyday.

Module 5 – Reflections – Nutrition – What Motivates Your Eating?

What motivates you to eat or not to eat? Do certain situations, emotions, or traditions affect what you choose to eat? This self-assessment will help you better understand what motivates your eating behaviors so that you can better manage them. Indicate your level of agreement with each statement, then total your score from each section and consider your findings. This quiz is taken from <http://courses.humankinetics.com/shell.cfm?pageId=31326> (You do not have access to this page).

Situational Factors

When your favorite foods are around the house, do you eat them even if you aren't hungry?

Never
1

Rarely
2

Occasionally
3

Frequently
4

Always
5

When you're eating out, do you try to get the most food you can for the money you're spending?

Never
1

Rarely
2

Occasionally
3

Frequently
4

Always
5

If you see an advertisement for a specific food or restaurant— or if you're passing a bakery, candy shop, or other appealing display—do you stop and get that food?

Never
1

Rarely
2

Occasionally
3

Frequently
4

Always
5

Emotional factors

Do you eat when you're bored even if you're not hungry?

Never
1

Rarely
2

Occasionally
3

Frequently
4

Always
5

Do you eat to cope with feelings of sadness, hopelessness, or loneliness?

Never
1

Rarely
2

Occasionally
3

Frequently
4

Always
5

Do you eat when you're happy or excited, even if you're not hungry?

Never
1

Rarely
2

Occasionally
3

Frequently
4

Always
5

Do you eat when you're feeling anxious or stressed?

Never
1

Rarely
2

Occasionally
3

Frequently
4

Always
5

Social factors

Do you eat when you're at a party or celebration in order to fit in and be social?

Never
1

Rarely
2

Occasionally
3

Frequently
4

Always
5

Do you eat when your friends are eating, even if you're not hungry?

Never
1

Rarely
2

Occasionally
3

Frequently
4

Always
5

Do you feel like you're being rude or disrespectful if you don't eat everything on your plate?

Never
1

Rarely
2

Occasionally
3

Frequently
4

Always
5

Your score: 11

3–6: You may occasionally eat when you shouldn't, but overall, you're in pretty good control in tempting situations.

7–9: You might want to pay attention to which situations tempt you to eat when you aren't hungry and ask yourself why you eat in these situations.

10–15: Your eating may be too determined by situations. Try to focus on your own hunger cues rather than on what the situation suggests.

Your score: 14

4–8: Your emotions don't seem to affect your eating habits very often.

9–12: Your emotions sometimes get the best of you when it comes to eating. Pay attention to how you feel and what you eat and try not to let emotions dictate when or what you eat.

13–20: You're often or always eating in response to your emotions rather than your own hunger. Work on finding healthy ways to cope with your emotions and pay careful attention to your feelings of hunger and fullness.

Your score: 10

3–6: You seem not to let social situations control your eating very often.

7–9: Some social situations may be causing you to eat even when you're not hungry. Try not to give in to social pressures to eat if you're not feeling hungry.

10–15: Social situations may be getting the best of you when it comes to eating. Explain to your friends and family members that you're working on improving your eating habits and ask for their support.

Module 5 – Reflections – Nutrition – What Motivates Your Eating? pt2



Reflection Instructions: Answer the following reflection questions and prompts.

*Be detailed in your explanations and *use your personal data to validate your responses.

1. Did anything about your results surprise you? Why or why not?

Yes i didn't think situational, social and emotional factors affect my decision about food.

2. What could you do to get better control of your eating habits? Identify one to three specific actions you could take.

Being mindful when i am in a social setting or i am stressed.

3. Which of the three areas associated with this assessment (social, situational, emotional) do you think affects teenagers the most? Explain your answer.

I think social settings affect teenagers most as they want to fit in.

Module 6 – Reflections -- Habits



Reflection Instructions: Answer the following reflection questions and prompts.

*Be detailed in your explanations and *use your personal data to validate your responses.

1. Name 2-3 cool-down stretching activities from the lesson that you have tried.

Foam Rolling, Active Ball Stretching

2. Which cool-down stretching activities are you finding the most success with?

Foam Rolling,

3. Choose a habit that you want to change and describe the new habit that you will use to replace it.

I want to change my habit of eating pizza in school lunch. The new habit i would like to replace with is eating salad.

Module 7 – Reflections – Cross Training



Reflection Instructions: Answer the following reflection questions and prompts.

*Be detailed in your explanations and *use your personal data to validate your responses.

1. Name 1-2 cross-training activities that you tried?

I tried swimming and dancing

2. Which cross-training activities are you finding the most success with?

swimming

3. Which cool-down stretching activities are you consistently using? Please explain.

high knees and Calf raises

Module 8 – Reflections-- Responsible Personal & Social Behavior



Reflection Instructions: Answer the following reflection questions and prompts.

*Be detailed in your explanations and *use your personal data to validate your responses.

1. Name 2-3 cool-down stretching activities from this lesson did you try?

Supinal stretch, Knee roll Stretch

2. Which cool-down stretching activities are you finding the most success with?

Supinal Stretch

3. Which cool-down stretching activities are you consistently engaging with? Please explain.

Supinal stretch as it helps me feel relaxed in my glutes and chest and obliques

4. What ways did you include others (family or friends) in your walking routine.

I asked my friends to join my walks some times.

Parent signature certifies that the work submitted by your student is their own work.

Parent Signature_____ Date_____

End of Unit 2- make sure all data and reflections are complete, to this point before submitting.

Module 9 – Reflections – Sleep

Reflection Instructions: Answer the following reflection questions and prompts.

*Be detailed in your explanations and *use your personal data to validate your responses.

From Lesson the scenario of Bella and her Friends discuss the ways they study for an exam.

1. Waiting and cramming for the test the night before.
2. Studying every night, the week of the test and not getting sleep.
3. Studying each night but going to bed on time to get enough sleep.

1. Which strategy do you think is the most helpful? Why?

Studying each night but going to bed on time to get enough sleep.

2. And how does sleep affect our brains and bodies?

struggling to focus

feeling irritable, depressed, or anxious

having trouble waking up in the morning

3. Track your sleep habits for 7 days, on chart below. Assess your own sleep habits.

1. Do you have a set bedtime? No
2. How often do you go to bed on or before your bedtime? Rarely
3. Do you find it hard to fall asleep? No
4. How many sleep hours do you average? 5
5. Do you wake at the same time each day? Mostly
6. What activities do you do as a nighttime routine to help your body and mind wind down or get ready to sleep? Listen to music
7. What sleep challenges do you encounter? How did you handle or plan to try on your challenges?
Not being able to sleep on time due to school work.
Try to get better with time management

Sleep	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Average hours of sleep
In bed on time? Yes/No	No	No	No	No	No	No	No	
Total hours of sleep	5	6	5	6	6	5	7	5.7
Did you feel rested? Yes/No	No	Yes	No	Yes	yes	No	Yes	

4. Each time you walk, how much time did you spend doing warmup and cooldown activities? How did completing warmup and cooldown activities effect your walk? Your day?

Spent about 5-7 mins doing warm up and cool down activities. This helped my body recover and y muscles were not sore after.

Module 10 – Reflections – Advancing Time and Distance



Reflection Instructions: Answer the following reflection questions and prompts.

*Be detailed in your explanations and *use your personal data to validate your responses.

INSTRUCTIONS: Progress Reflection Survey - Please complete in your Fitness Journal

To complete this reflection survey, you need your baseline walking data and your most recent walking data.

Rate how true each statement is for you on a scale of 1-5, with 5 being high.

Statement	1 Strongly Disagree	2 Disagree	3 Neutral	4 Agree	5 Strongly Agree
I am walking farther now than I did in my baseline walk.			3		
I am walking more often now than I was before I started taking this course.			3		
I am walking longer now than I did in my baseline walk.				4	
I am walking faster now than I did in my baseline walk.				4	
I feel that I have consistently worked hard to meet my SMART goals since starting this course.					5
I feel happy with my overall progress since this course started.					5

1. Identify the warmup and cool-down stretching activities that you are using.

Warm ups - Calf raises and high knees

cool down - static stretch, hamstring stretch, standing calf stretch

2. Each time you walk, how much time did you spend doing warmup and cooldown activities?

I do 3-5 mins warm up activity and 5-7 mins cooldown stretches.

3. How did completing warmup and cooldown activities effect your walk? Your day?

It lowered my heart rate and makes me feel relaxed and less sore during the day.

Module 11 – Reflections– Staying Motivated



Reflection Instructions: Answer the following reflection questions and prompts.

*Be detailed in your explanations and *use your personal data to validate your responses.

1. Write your **healthy reward** for your current SMART goals here. (Also, write them down with the SMART goal, where you can see it daily.)

My healthy reward : A bubble bath if my speed has been more than the last day.

2. Identify the warmup and cool-down stretching activities that you are using.
calf raises and knee jump
standing calf stretches, hamstring stretches

3. Each time you walk, how much time did you spend doing warmup and cooldown activities?
3- 5 mins in warm up activities and 5-7 mins doing cool down activities

4. How did completing warmup and cooldown activities effect your walk? Your day?
It helps me feel less sore and also relaxed later on.

5. What do you think are your most common barriers to regular exercise?
Feeling demotivated

6. Which of the tips discussed in this lesson will you use this week when you feel unmotivated?
I invited my friends to join when i felt demotivated.

7. Why did you choose this tip?
Talking to my friend made my walks enjoyable and less painful.

Module 12 – Reflections– Stress Management



Reflection Instructions: Answer the following reflection questions and prompts.

*Be detailed in your explanations and *use your personal data to validate your responses.

Name 3 warm-ups and 3 cooldowns that you are using each time you walk.

calf raises, high knees and slight jogging

Shoulder stretch, standing calf stretch and hamstring stretch

How much time did you spend doing warmup and cooldown activities, on average, each time you walk?

3-5 mins in warm ups and 5-7 mins in cool down

How did completing warmup and cooldown activities effect your walk? Your day?

It made me relaxed and my muscles were less sore afterwards.

How would you describe your stress in your life?

I am in high school so my stress level is very high.

Do you feel you have high stress?

yes

What strategies do you use to help you manage your stress?

I usually do art to manage my stress

What can you do when your stress levels are so high, you're feeling like you're in a crisis mode? How can you help yourself calm down fast?

I usually use deep breathing or go out to take a walk.

Parent signature certifies that the work submitted by your student is their own work.

Parent Signature_____ Date_____

End of Unit 3- make sure all data and reflections are complete, to this point before submitting.

Module 13 – Reflections– Hydration for a Healthy Life



Reflection Instructions: Answer the following reflection questions and prompts.

*Be detailed in your explanations and *use your personal data to validate your responses.

1. How much water do you think you average each day? 1 Litre
2. How much water do you think you should be drinking each day? 1.5 litre
3. What do you do to help you remember to drink more water during the day?
I carry my water bottle everywhere i go. After end of each class i have made a habit to drink water.
4. Name 3 warm-ups and 3 cooldowns that you are using each time you walk.
calf raises, high knees and slight jogging
Shoulder stretch, standing calf stretch and hamstring stretch
5. How much time did you spend doing warmup and cooldown activities, on average, each time you walk?
5-7 mins each time

Module 14 – Reflections– Developing Your Skills



Reflection Instructions: Answer the following reflection questions and prompts.

*Be detailed in your explanations and *use your personal data to validate your responses.

Name 3 warm-ups and 3 cooldowns that you are using each time you walk.
calf raises, high knees and slight jogging

How much time did you spend doing warmup and cooldown activities, on average, each time you walk?

What types of community physical activity opportunities do you most want to participate in? Why?
5-7 mins each time

Where will you look for local opportunities? Please write the methods of contact for each opportunity here (website, phone number, address, etc.).

I will look for local opportunities in my IITK SV Fitness whatsapp group. This group was introduced to me by my parents in childhood. I have many friends in this group. This group goes for regular hikes every sundays.

How will participation in these community opportunities help you enhance each aspect of the health triangle?

Participation in these groups are fun since they have a picnic after hike. I also have many friends whom i meet in this hike.

Module 15 – Reflections– Creating a Long-Term Health Plan



Reflection Instructions: Answer the following reflection questions and prompts.

*Be detailed in your explanations and *use your personal data to validate your responses.

1. Why is it important to you to stay healthy throughout your life?

It is important for me to stay healthy throughout my life as i want to stay active and i want my brain to function well. I want to enjoy my life ahead and travel places.

2. What strategies do you use to stay physically active throughout your day?

I try to motivate my walks and exercises by listening to music as i like listening to music. I also invite my friends in the gym and my walks so that i do not feel lonely when i am exercising or walking.

3. What strategies do you plan to use to stay physically active throughout your life?

Why did you choose these strategies?

I plan to take out time for my physical and mental health throughout my life even when i am too busy. I will keep a journal and also reward my good behavior once a month if i do well in my fitness journey. I chose the journaling strategy as it helps me be on track. I get demotivated easily so having a reward makes me feel good about the choices i am making.

4. Name 3 warm-ups and 3 cooldowns that you are using each time you walk.

calf raises, high knees and slight jogging

Shoulder stretch, standing calf stretch and hamstring stretch

5. How much time do you spend doing warmup and cooldown activities, on average, each time you walk?

I do it for 5-7 mins after and before my walk.

6. How did completing warmup and cooldown activities effect your walk? Your day?

It helps me feel relaxed and my muscles are not sore afterwards.

7. Take a moment to reflect on the **goal**, **hypothesis**, and **prediction** you made for this course in Module 1. Did you achieve your goal? Were your hypothesis and prediction correct? Explain.

I achieved my goal of maintaining a healthy level of exercise by walking for an hour everyday. My hypothesis and prediction were correct.

Final Journal Entry



Reflection Instructions: Answer the following reflection questions and prompts.

*Be detailed in your explanations and *use your personal data to validate your responses.

Are you walking further than when you started your walking routine? How much farther?
Yes, I can now walk 4 miles in an hour, when I was only walking 3 miles earlier.

How have you taken responsibility for your health? Use your data and examples from your journal to help you explain. (please describe in 4-6 sentences)

I have taken responsibility for my health by keeping track of my exercise and nutrition.

What has been your most significant walking challenge(s)? How did you handle your challenges?

Are you still working on any challenges? (please describe in 4-6 sentences)

I'm still working on staying consistent everyday, and making sure I don't miss any days of walking. One challenge I have overcome is that I used to get tired around two miles. However, with practice, that ended.

What has been your most significant walking or health successes? How do you plan leverage your successes to continue your healthy fitness plan throughout your life? (please describe in 4-6 sentences)

My most significant success has also been staying consistent. I'm really proud that I've been keeping up my walking, even after 45 days ended, and I hope that I can keep it up for the rest of my life.

Parent signature certifies that the work submitted by your student is their own work.

Parent Signature N. Ling Date _____

End of Final Project - Before Submitting...
Make sure all data is entered and all work is complete.

