



MODULE FIVE WELLNESS PLAN

Fill in all logs and answer the reflection questions completely with supporting details.



SECTION 1: GOALS

Include your goals for each area of wellness before completing the reflection question.

- Physical - I will decrease my mile run to 9:30 by the end of this course.
- Social - Over the next two weeks, I will join a new school club and participate in every meeting for the rest of the school year.
- Emotional - I will increase one-on-one time with my little sister to at least 45 minutes, five days a week by the end of this month so that I will feel better about making time for her.
- Academic - I will make sure that all of my homework is submitted on time this semester.



GOAL REFLECTION QUESTION

Describe your progress for each goal. If you have met or exceeded a goal, also include a new goal for that area of wellness. If you are still working toward a goal, describe the specific steps you will take to help you complete it. Explain which goal you believe will take the longest to achieve.

1. Physical—I am almost to my goal; I ran the mile in 9:40 the other day. I will keep working on my cardio activities and jogging to continue to decrease my mile run time.
2. Social—I have been attending the art club meetings regularly, so I have met the goal so far. I need to continue to attend each meeting through the end of the year to truly meet the goal. Since this is a yearlong goal this one has the longest way to go.
3. Emotional—I have been good about hanging out with my sister. Sometimes I help her with her homework, and sometimes we play video games or card games she likes to play. I have met this goal, but I want to keep it because I really like how it's helped our relationship.
4. Academic—I have been turning all of my assignments in on time in all classes. I will continue to work on this, but might also add another goal to work on my English grade because I would like to increase my scores in that class. Maybe something like "I will increase my English grade from a B to an A by discussing my progress with my teacher, working on the skills she says I need to improve, and staying after school for help when needed."



SECTION 2: FITNESS ASSESSMENTS

Include the Baseline, Module Four, and Module Five results below.

Activity	Lesson 1.03 Baseline Results	Module 4 Wellness Plan Results	Module 5 Wellness Plan Results	Module 6 Wellness Plan Results
Mile Run/Walk	11:00	10:30	10:02	
Body Mass Index	23.91	23.03	22.98	
Aerobic Capacity	40.42	41.17	41.23	
Curl-ups	20	21	23	
Push-ups	6	8	8	
Trunk Lift	7	7	7	
Sit and Reach	9	11	11	



FITNESS ASSESSMENT REFLECTION QUESTIONS

Some athletes choose to use supplements and performance-enhancing drugs in hopes of gaining an edge over their opponents. Research and describe at least three risks of using anabolic steroids and other performance-enhancing drugs.

With steroids, you risk a definite hormone imbalance. According to webmd, this can lead to a lot of side effects including severe acne, breast development (in males), and excessive face and body hair growth (in females).



SECTION 3: FLEXIBILITY WORKOUT LOG

Perform and log stretching exercises for all eight muscles listed below at least three days per week, but you may stretch every day. You may add muscle groups and exercises of your choice into your routine.

Flexibility Exercises	Muscles Stretched	# of Reps	Time	# of Reps	Time	# of Reps	Time
Lying Quad Stretch	Quadriceps	3	:25	3	:25	3	:25
Modified Hurdler's Stretch	Hamstrings	3	:25	4	:25	3	:25
Upper Back/Torso Stretch	Trapezius	4	:20	3	:20	3	:25
Calf Stretch	Gastrocnemius	3	:25	3	:25	3	:25
Lower Back Stretch	Latisimus Dorsi	4	:20	3	:20	3	:20
Chest/Bicep Stretch	Pectoralis/Biceps	2	:20	3	:20	3	:20
Shoulder/Tricep Stretch	Triceps/Deltoids	4	:20	3	:20	4	:20
Lying Abdominal Stretch	Abdominal	2	:20	3	:20	3	:20
		Date: 07/01/2013	Date: 07/02/2013		Date: 07/04/2013		



FLEXIBILITY REFLECTION QUESTIONS

Discuss which of the static stretches is most effective for you and which is least effective.

The most effective static stretch is the hamstring. My legs are extremely tight, and I struggle to reach my toes. The least effective stretch is the upper back. I try to really lengthen my reach and bring my shoulders forward, but I really do not feel a significant stretch.



SECTION 4: MUSCULAR STRENGTH AND ENDURANCE LOG

Complete muscular exercises in three nonconsecutive days. Do not work the same muscle groups more than once within a 48-hour period.

Exercise	Muscles Worked	# of Sets	# of Reps	Resistance	# of Sets	# of Reps	Resistance	# of Sets	# of Reps	Resistance	
Squats	Quadriceps	3	10	5-lb weight				3	10	5-lb weight	
Push-ups	Pectoralis	3	8	Body	3	8	Body				
Leg curls	Hamstrings	3	15	None				3	15	None	
Pull-ups	Latisimus Dorsi				3	8	Body				
Calf raises	Gastrocnemius	3	10	Body				3	10	Body	
Triceps dips	Triceps	3	12	Body	3	10	Body				
Bridges	Glutes				3	12	Body	3	10	Body	
Bicep curls	Biceps	3	15	5 lbs	3	15	5 lbs				
Front raises	Deltoids	3			3	8	5 lbs	3	8	5 lbs	
Ab Crunches	Abdominal	3	20	None	3	15	None				
Date: 07/01/2013					Date: 07/03/2013			Date: 07/06/2013			



MUSCULAR STRENGTH AND ENDURANCE REFLECTION QUESTIONS

What principle(s) of FITT and SPORT do you think will be most important to you and your fitness goals as you work on strength and cardiovascular training in the next few weeks? Explain your answer.

For me, I think intensity is an important one because I have been working out and training regularly as a part of my tennis training....but I don't always push myself to a higher intensity like I should. That, of course, also ties into overload. Unless I keep working my body to an increased demand, I will never see significant improvements.



SECTION 5: PHYSICAL ACTIVITY LOG

Include all moderate and vigorous physical activity in the table below.

Date	Warm-Up	Physical Activity	Activity Minutes
7/01/2013	Stretching and jogging	Tennis match	100
7/02/2013	Walking	Jogging	60
7/02/2013	Slow volleying	Volleyball game with friends	30
7/03/2013	Jump roping, stretching	Kickboxing class	30
7/03/2013	Stationary bike and stretching	Weight training at gym	30
7/04/2013	Slow volleying	Volleyball game with friends	60
7/05/2013	Jog and stretch	Outdoor long run	70
7/06/2013	Jogging, stretching, slow volleying	Tennis match	30
7/07/2013	Slow elliptical and stretching	Weight training	30
7/07/2013	Walk, slow jog, and stretching	Jogging	45
7/08/2013	Slow elliptical	Elliptical machine	30

There is additional log space included [HERE](#).



PHYSICAL ACTIVITY REFLECTION QUESTIONS

Many physical activities offer a chance to interact with others as teammates, training partners, or opponents. Describe one specific way you used appropriate personal, social, and ethical behavior while participating in physical activities this week.

At tennis practice I spent time training with a teammate who isn't very good, but it was so great to get a chance to volley with her and give her encouragement and tips (it was kind of like getting some coaching experience for me as well). At my match, I was very respectful to my opponent and to the officials. Sometimes there are calls that I don't agree with, but I have to respect the official if he won't change his call... but this week it was the opposite, and I had to admit to the official that the ball that I missed was "in" when she called it "out." I still won the match, thankfully, but I felt good about being honest and not taking a point when I didn't deserve it.



SECTION 6: FITNESS TRACKER DATA

Include your Module Four and Module Five Fitness Tracker results in the table below.

	Module 4 Wellness Plan Results	Module 5 Wellness Plan Results	Module 6 Wellness Plan Results
Average Daily Moves This Week	11,638	12,123	
% Toward my Goal This Week	96%	100%	
Total Moves This Week	76,014	80,807	



FITNESS TRACKER REFLECTION QUESTIONS

Describe any changes in your activity level and choices you made this week that account for any differences in your Module Four and Module Five results. What specific changes can you make to continue to improve the average daily moves?

I reached a significantly higher average of daily moves this week and reached 100% toward my goal. I think after seeing that I didn't fully reach my goal the week of the last wellness plan, I was more conscious of adding more moves to each day—taking the stairs, walking my dog more, and little things like that that added up over time.