**Final Project: 1-Month Personal Fitness Plan Instructions**

**Guidelines**:

* Develop a personal goal/goals you hope to achieve in the next month from this fitness plan.
* Next, select a template you want to use over the next month (you can always change it).

**Templates**:

* <http://www.vertex42.com/ExcelTemplates/exercise-charts-and-logs.html>
* <http://www.bodybuilding.com/fun/printworklog.htm>
* <http://www.makeuseof.com/tag/10-excel-templates-track-health-fitness/>



* **Requirements**:
	+ Must have activity logged for a minimum of 5 days/week
	+ Each day must contain at least 60 minutes of activity
	+ Each activity logged must include details about the activity
		- When?
		- Where?
		- With Who?
		- How long?
		- How did you feel afterwards?
		- Did you enjoy the activity?
			* Example: 1 hour of pickup soccer
				+ Tuesday at 6:30pm
				+ Alicia Skatepark Soccer Field
				+ With 2 friends and general public
				+ Length: 1 hour
				+ I felt tired after playing, but it was a lot of fun getting back out onto the soccer field! The game was free to play in, and afterwards we went to get a healthy meal in us. I felt accomplished after working out for the hour, and it was something I enjoy doing.
	+ Basic nutrition must be logged during this month as well
		- List out the foods you had each meal (roughly how many calories)
			* Example:
				+ Breakfast:

Banana (carbohydrate): 75 calories

Yogurt (protein/carbohydrate): 130 calories

Orange Juice (carbohydrate): 60 calories

* + - * + Lunch:

Turkey Burger (protein): 200 calories

Hamburger Thins (carbohydrate): 100 calories

Almonds (fat): 130 calories

Grapes (carbohydrate): 80 calories

* + - * + Snack:

Tuna (protein): 120 calories

* + - * + Dinner:

Flame Broiler half/half bowl (protein/carb): 600 calories

* + Remember to list out the exercises/activities you did that day!
		- If the activity was in the gym, list out which exercises you did.
		- ANY ACTIVITY
			* List out the muscles impacted
			* List out the components of fitness most related to that workout
* **Lastly**,
	+ Add as much detail into this fitness plan as possible! Not only will it significantly impact your grade, but it will be a great learning tool and useful practice for your future!
	+ Take pride in your work!
	+ Get out there and be healthy!

**Rubric (by week = 30 points per week) /120**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Category** | **10** | **8** | **6** | **4** | **2** |
| **Content** | Includes all of the activities completed, as well as the nutritional components for the day, the component of fitness most relevant, and the muscles most impacted. | Includes most of the activities completed, as well as the nutritional components for the day, the component of fitness most relevant, and the muscles most impacted. | Includes some of the activities completed, as well as the nutritional components for the day, the component of fitness most relevant, and the muscles most impacted. | Includes very few of the activities completed, as well as the nutritional components for the day, the component of fitness most relevant, and the muscles most impacted. | Content is minimal. |
| **Professionalism** | Makes excellent use of font, color, graphics, effects, etc., to enhance the presentation. The overall presentation is detailed, organized, and easy to follow. | Makes good use of font, color, graphics, effects, etc., to enhance the presentation. The overall presentation is detailed, organized, and easy to follow. | Makes sufficient use of font, color, graphics, effects, etc., to enhance the presentation. The overall presentation is somewhat detailed, organized, and manageable to follow. | Makes poor use of font, color, graphics, effects, etc., to enhance the presentation. The overall presentation is lacking detail, appears unorganized, and difficult to follow. | The overall presentation lacks effort in attempting to appear organized or easy to follow. |
| **Requirements** | All requirements (Activities, Time, Nutrition, Muscles Impacted, Component of Fitness, etc.) are met and exceeded. | All requirements (Activities, Time, Nutrition, Muscles Impacted, Component of Fitness, etc.) are met and well-detailed. | All requirements (Activities, Time, Nutrition, Muscles Impacted, Component of Fitness, etc.) are met, but lacking detail. | More than one requirement was not completely met. | Minimal attempts to meet requirements. |