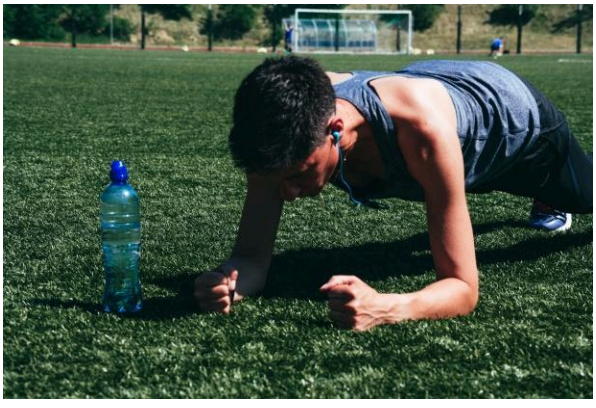
Camila Velazco's

Fitness Pursuit Portfolio









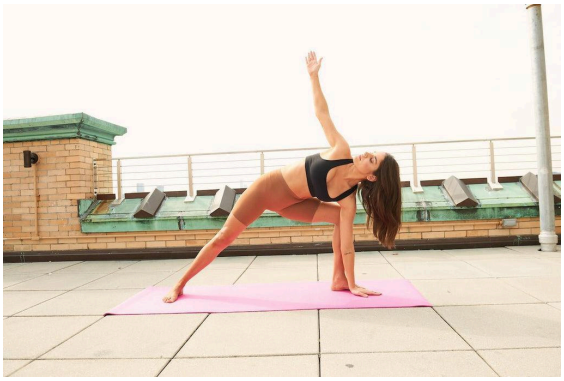


TABLE OF CONTENT

COMPONENT 1

81 pts out of 100

1. Section 1: Sleep Health
2. Section 2: Healthy Eating
3. Section 3: Physical Health
4. Section 4: Healthy Brain

Portfolio Section 1: Sleep health







1.Sleep Log

Date	Hours of sleep	Nap?	Rating	How I felt
04/26/26	9h 10m	no	⭐⭐⭐⭐⭐	I felt relaxed
04/27/26	9h 40m	no	⭐⭐⭐⭐	I felt tired
04/28/26	9h 10m	no	⭐⭐⭐⭐⭐	I felt so relaxed and ready to start the day
04/29/26	9h 10m	no	⭐⭐⭐	Tired and needed more sleep
04/30/26	8h 40m	no	⭐⭐	So tired should sleep earlier
05/01/26	10h	no	⭐⭐⭐⭐⭐	I am SO happy to reach my goal and was so good
05/02/26	11h 40m	no	⭐⭐⭐⭐⭐	I felt so good I will recommend
05/03/26	9h	no	⭐⭐⭐⭐	I felt good just that I felt tired
05/04/26	8h 40m	no	⭐⭐⭐	I was tired
05/05/26	9h 10m	no	⭐⭐⭐⭐	I got energy for school
05/06/26	9h	no	⭐⭐⭐	Felt excited for field trip that went to sleep late
05/07/26	9h 10m	Yes (10m)	⭐⭐⭐⭐	Felt ready for school
05/08/26	9h 10m	no	⭐⭐⭐⭐⭐	Felt energetic
05/09/26	10h	no	⭐⭐⭐⭐⭐	Felt relaxed
05/10/26	8h 10m	no	⭐⭐	Felt tired
05/11/26	9h	no	⭐⭐⭐	Not to bad

05/12/26	9h 10m	no	⭐⭐⭐⭐	Felt great not tired
05/13/26	8h 20m	no	⭐⭐⭐	Felt tired
05/14/26	9h	no	⭐⭐⭐⭐	Felt great

Rating:
⭐⭐⭐⭐⭐-Excellent
⭐⭐⭐⭐-Great
⭐⭐⭐-Nice
⭐⭐-Bad
⭐-Horrible

2.Computer-Generated Double Line Graph

3. Graph Analysis and Goal

My sleep Goal

- **My personal goal is to get 9-10 hours to sleep**

Plan to Reach my Goal:

- **Read a 20 minute book by 8:10 and finish at 8:30**
- **Leave my electronics by at least 8:30**
- **Go to bed by 8:40 or 8:45**

4. Sleep Goal Room Art

My artwork would show how I want to reach my goal to reach 10 hours of sleeping by following my bedtime routine so I could have a strong brain full of energy so for the next day to be happy and ready to start a wonderful day.

Purpose of My Art:

- Is going to remind me how every night I need to leave my electronics to the side and fall asleep for 9-10 hours



Portfolio Section 2: Healthy Eating







Healthy eating investigation

Student profile:

- **Age:**
- **Gender:**
- **Activity level:**

Sources used:

1. My Plate calculator(WA dairy gov): https://tinyurl.com/22ycghzh

Food group	Daily amount	Examples
Dairy	3 cups	ounces milk 6 ounces yogurt 1.58 ounces milk 6 ounces yogurt 1.5 ounces cheese 1/3 cup shredded cheese 1/2 cup ricotta cheese ounces cheese 8 ounces milk 1/3 cup shredded cheese
Vegetables	2.5 cups	Spinach (2 cups raw, 1 cup cooked) 1 cup chopped broccoli, carrots, tomato, cucumber 1 cup mashed or 1 large baked sweet potato 8 ounces 100% vegetable juice
Fruits	1.5 cups	1 cup sliced fruit 1 medium whole fruit 1/2 cup dried fruit 8 large strawberries 8 ounces 100% fruit juice
Grains	6 ounces	1 slice of bread 1/2 cup rice, pasta, or oatmeal 1 cup cereal 1 six-inch tortilla
Protein	5 ounces	1 egg 2 tsp nut butter 3-4 ounces beef, chicken, fish, pork, or turkey 12 almonds 1/4 cup cooked beans
Oils	5 tsp	1 teaspoon of oil looks like

Commonalities:

- WA Dairy is telling me that my body needs protein, vegetables, and carbs.
- WA Dairy is telling me different foods that has various nutrients and helps fuel my body
- WA Dairy is telling me that theirs many food groups and each have a count as serving
- WA Dairy is telling me that I have to focus on the amount , Nutrient density, and variety of my eating
- WA Dairy is telling me how Oils fats are part of a healthy diet and are mostly found in avocados, fish , and nuts
- WA Dairy tells me how extra calories come from food to add taste but not many nutrients, an Example of Extra foods are candies, chips, baked sweets and other fats.
- WA Dairy tells me how milk, yogurt, and cheese are examples of Dairy
- Some types of proteins are eggs, peanuts, fish, turkey, beef, chicken, pork, and beans this helps you get strong


Dairy
vegetables
fruits
protein
grains
oils
MILK
yogurt
PEANUT BUTTER
My food pyramid

Healthy Eating Regimen

Weekly Meal plan

MONDAY

- Breakfast: Strawberries, cereal, milk,
- Lunch: Chicken, baby carrots, lemonade
- Snack: mandarin, bread
- Dinner: cereal, milk

TUESDAY

- Breakfast: milk, bread
- Lunch: blueberries, spicy chicken, water.
- Snack: mandarin,bread
- Dinner: Milk shake

WEDNESDAY

- Breakfast: Cereal, Milk
- Lunch: bread,beans, homemade lemonade.
- Snack: one piece of peanut chocolate,peanut butter, apple
- Dinner:blueberries

THURSDAY

- Breakfast: strawberries
- Lunch: ground chicken, homemade lemonade.
- Snack:mandarin,
- Dinner: milk shake, strawberries

FRIDAY

- Breakfast: strawberries, milk
- Lunch: pasta, homemade lemonade
- Snack:mandarin ,peanut butter
- Dinner: cereal,milk

SATURDAY

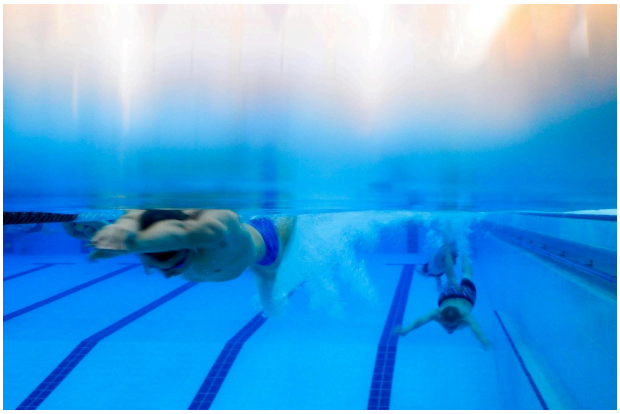
- Breakfast: Strawberries with whip cream
- Lunch: homemade lemonade, Eggs
- Snack: blueberries
- Dinner: bread, milk

SUNDAY

- Breakfast: cereal, milk
- Lunch:bread, beans ,water
- Snack: pickles, water

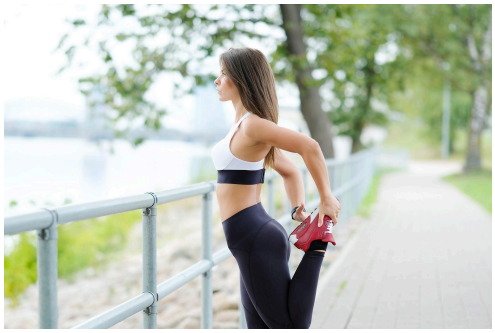
- **Dinner: pickles, corn**

Portfolio Section 3: physical health









Personal Exercise Guidelines

Student profile

Age: 10

Gender: female

Activity level: Moderately active

Exercise Guidelines:

1. **Children need 60minutes (1hour)of exercise daily to stay active**

Sources:

1. Fitness Guidelines: https://www.cdc.gov/physical-activity-basics/guidelines/index.html
2. Physical activity: https://www.cdc.gov/physical-activity-basics/adding-children-adolescents/what-counts.html

Day of the week	Exercise typ examples	Recommended time
Monday Leg day	-Warm up -dance (just dance videos)	1h 5m
Tuesday Arm and leg day	-Push ups -Jumping jacks	10m-15m
Wednesday Flexibility day	-stretching -practincing split	15m-30m
Thursday Play outside	-jumping jacks -running	1h
Friday Play outside	-Jump rope -running	1h - 1h 15m

Healthy Benefit Sentence Scramble

Scrambled sentence:

1. 60 of and teens about Daily Children need exercise minutes
2. 2000 people need very healthy calories to to eat active stay
3. Calories of ages different from people need different types
4. Climbing for kids or be exercises can running
5. That sports are very play kids active

Answer key:

1. Children and teens need about 60 minutes of Daily exercise
2. Very active people need to eat 20000 calories to stay healthy
3. People from different ages need different types of calories
4. Exercise for kids can be running or climbing
5. Kids that play sports are very active.

Exercise duration clock

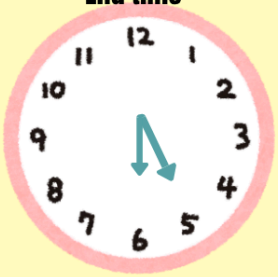
Monday- tuesday

Start time



4:30pm

End time



5:30pm

60 minutes

cardio



5:30pm

cardio end time

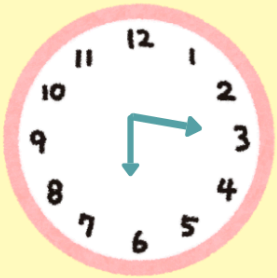


6:35

65 minutes

wensdays- thursday

Start time



3:30pm

End time



4:35pm

65 minutes

cardio



4:40pm

cardio end time



5:45pm

65 minutes

Safety test

1.Which of these foods are NOT healthy?

A. Eggs

B.chicken

C.Mandarin

D.burger

2.Which kids are very active. Choose TWO correct answers.

A. Kevin, likes to play video games 2 hours

B. John, Plays jockey for 1hour and 45minutes

C. Rosey, practice gymnastics for 2 hours and 54 minutes

D. Lusia,practice volleyball for 30 minutes

3.Which food is healthy.

A. pickles

B. french fries

C. pizza

D. Ice cream

4. Which activity is good for kids?

A. Stay in bed

B. Swimming

C. shopping

D. Do nothing

5.True or false is a chocolate cake healthy

A. True

B. False

Answer key

1.D

2.B and C

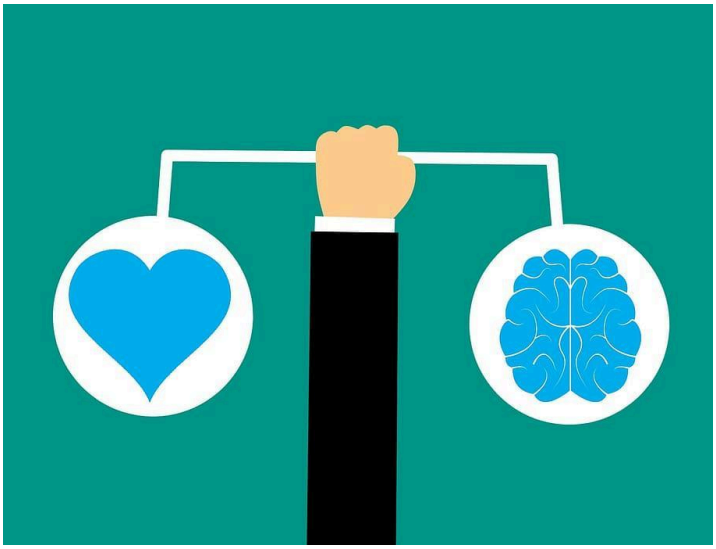
3.A

4.B

Portfolio Section 4: Healthy Brain







Academic Activities by season

Spring

- Gardening
- Learn about insects like butterflies

Summer

- Swim
- Learn how to play soccer
- Use my jump rope

Fall

- Play in the leaves
- Exercise like cardio
- Search for leaves with different colors

Winter

- Draw
- Ice skate

Academic Activity list personalization

Academic Activity	Personalized Name
Draw	Junior picasso
swim	treasures in the ocean
Gardening	Helping living things
Search for leaves with different colors	Mysterious leaves
Learn about butterflies	Secrets about the butterflies

Weekly Homework Schedule

time	Monday	tuesday	wednesday	thursday	friday	saturday	sunday
3:30 -4:00	Eat/ snack	Eat/ snack	Eat/ snack	Eat/ snack	Eat/ snack	Eat/ snack	Eat/ snack
4:00-4:30	Play-video games /play out side	Take a 10 minutes nap	Play videogames	Play-video games /play out side	Play-video games /play out side	Play videogames	Play videogames
4:30-5:00	draw	Clean my room	draw	draw	draw	Clean my room	Clean my room
5:00-5:30	crochet	crochet	crochet	crochet	crochet	crochet	crochet

Stress and Calm Match -up illustration

Stressful	Calm
My brother, He is always being mean and annoying	Stay in my room into he leaves
When my siblings are making too much noise	I go outside and take a deep breath
When im doing my hair and i pull it	I just leave my hair and ask my mom for help
My glasses get blurry	I clean them with my shirt
My room is a mess	I clean it and then lay down

streesful	calm
	
	
	

COMPONENT 2

14 pts out of 100

1. Section 1: One-Month Master Calendar

One - Month Master Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 workout-dance Meal • breakfast • lunch • snack • dinner Crochet bed time : 9 pm	2 workout-jumping jacks Meal • breakfast • lunch • snack • dinner Crochet bed time : 9 pm
3 Meal • breakfast • lunch • snack • dinner bed time : 9 pm	4 Meal • breakfast • lunch • snack • dinner coloring bed time : 9 pm	5 Meal • breakfast • lunch • snack • dinner coloring bed time : 9 pm	6 Meal • breakfast • lunch • snack • dinner coloring bed time : 9 pm	7 workout- cardio Meal • breakfast • lunch • snack • dinner draw bed time : 9 pm	8 workout- cardio Meal • breakfast • lunch • snack • dinner draw bed time : 10 pm	9 Meal • breakfast • lunch • snack • dinner bed time : 9 pm
10 workout-jumping jacks Meal • breakfast • lunch • snack • dinner Crochet bed time : 9 pm	11 workout-dance Meal • breakfast • lunch • snack • dinner bed time : 8pm	12 workout-dance Meal • breakfast • lunch • snack • dinner bed time : 8pm	13 Meal • breakfast • lunch • snack • dinner crochet bed time : 8pm	14 Meal • breakfast • lunch • snack • dinner read bed time : 8pm	15 workout- cardio Meal • breakfast • lunch • snack • dinner draw bed time : 9 pm	16 workout- cardio Meal • breakfast • lunch • snack • dinner draw bed time : 10 pm
17 workout-dance Meal • breakfast • lunch • dinner bed time : 8pm	18 workout-jumping jacks Meal • breakfast • lunch • snack • dinner Crochet bed time : 9 pm	19 Meal • breakfast • lunch • snack • dinner bed time : 9 pm	20 Meal • breakfast • lunch • snack • dinner read bed time : 8pm	21 workout-dance Meal • breakfast • lunch • snack • dinner bed time : 8pm	22 workout-dance Meal • breakfast • lunch • snack • dinner Crochet bed time : 9 pm	23 workout- cardio Meal • breakfast • lunch • snack • dinner draw bed time : 9 pm
24 workout-running Meal • breakfast • lunch • snack • dinner bed time : 9 pm	25 Meal • breakfast • lunch • snack • dinner read bed time : 8pm	26 Meal • breakfast • lunch • snack • dinner bed time : 9 pm	27 Meal • breakfast • lunch • snack • dinner bed time : 9 pm	28 workout-running Meal • breakfast • lunch • snack • dinner bed time : 8 pm	29 workout-running Meal • breakfast • lunch • snack • dinner bed time : 9 pm	30 Meal • breakfast • lunch • snack • dinner read bed time : 8pm
31 Meal • breakfast • lunch • snack • dinner bed time : 9 pm						