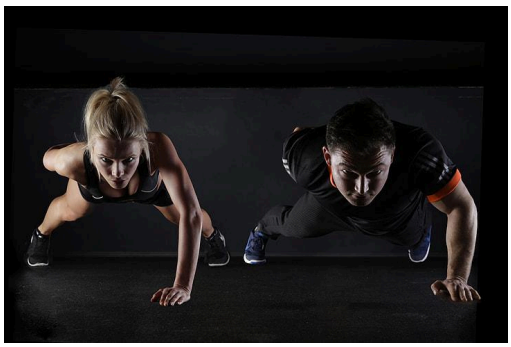
Alessandro Acuna Relova's

Fitness Pursuit Portfolio



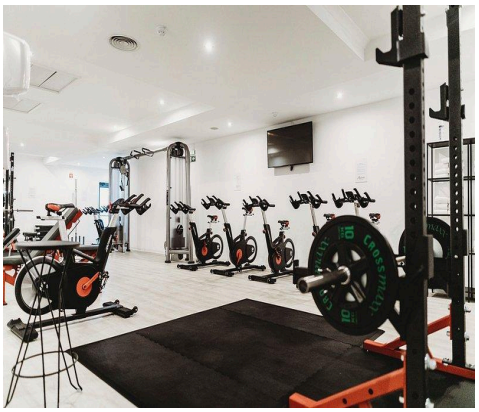








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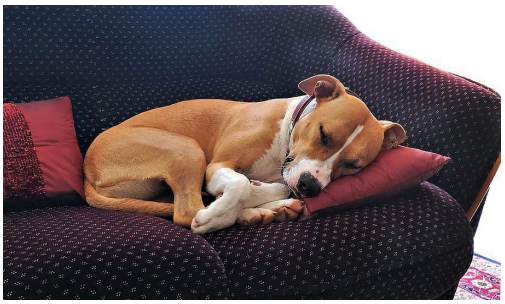
COMPONENT 1

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	Hour of sleep	Nap?	Rating	How I felt
4/26/26	8h 20m	No	4	I felt okay and ready for school.
4/27/26	8h 12m	No	5	I felt perfect.
4/28/26	8h 20m	No	5	I felt good enough.
4/29/26	8h 20m	No	1	I felt terrible and I was sick.
4/30/26	12h 23m	No	3	I felt good.
5/01/26	11h 48m	No	4	I felt okay.
5/02/26	11h 45m	No	5	I felt amazing.
5/03/26	8h 15m	No	5	I felt really good.
5/04/26	8h 20m	No	4	I felt good and ready for school.
5/05/26	8h 20m	No	4	I felt sleepy but it was okay.
5/06/26	8h 22m	No	5	I felt so good.
5/07/26	8hours	No	4	I felt nice.
5/08/26	11h 15m	No	5	I felt perfect.
5/09/26	11h 51m	No	5	I felt amazing.
5/10/26	8h 20m	No	4	I felt really good.
5/11/26	8h 34m	No	4	I felt tired but it was okay.
5/12/26	8h 40m	No	5	I felt great.
5/13/26	8h 25m	No	5	I felt really good.
5/14/26	8h 27m	No	4	I felt a little tired

Rating:

5. Perfect

4. Really good

3.Not bad

2.Did not like it

1.Horrible

2.Computer-Generated Double Line Graph

3. Graph Analysis and Goal

My sleep goal: My personal goal is to get 8-11 hours of sleep every night.

Plans to reach my goal:

- Go to sleep at 10pm
- Watch less tv and go to sleep

4. Sleep Goal Room Art

My artwork would show a guy sleeping for 8 hours because he needed to go to school, and he was trying to get enough sleep.

Purpose of my art

- You need enough sleep so you can rest and to go to school.



Portfolio Section 2: Healthy Eating









Healthy Eating Investigation

Student profile

- Age 10
- Gender male
- Active level: modern active

Sources used

1. My plate calculator:https://tinyurl.com/22ycghzh

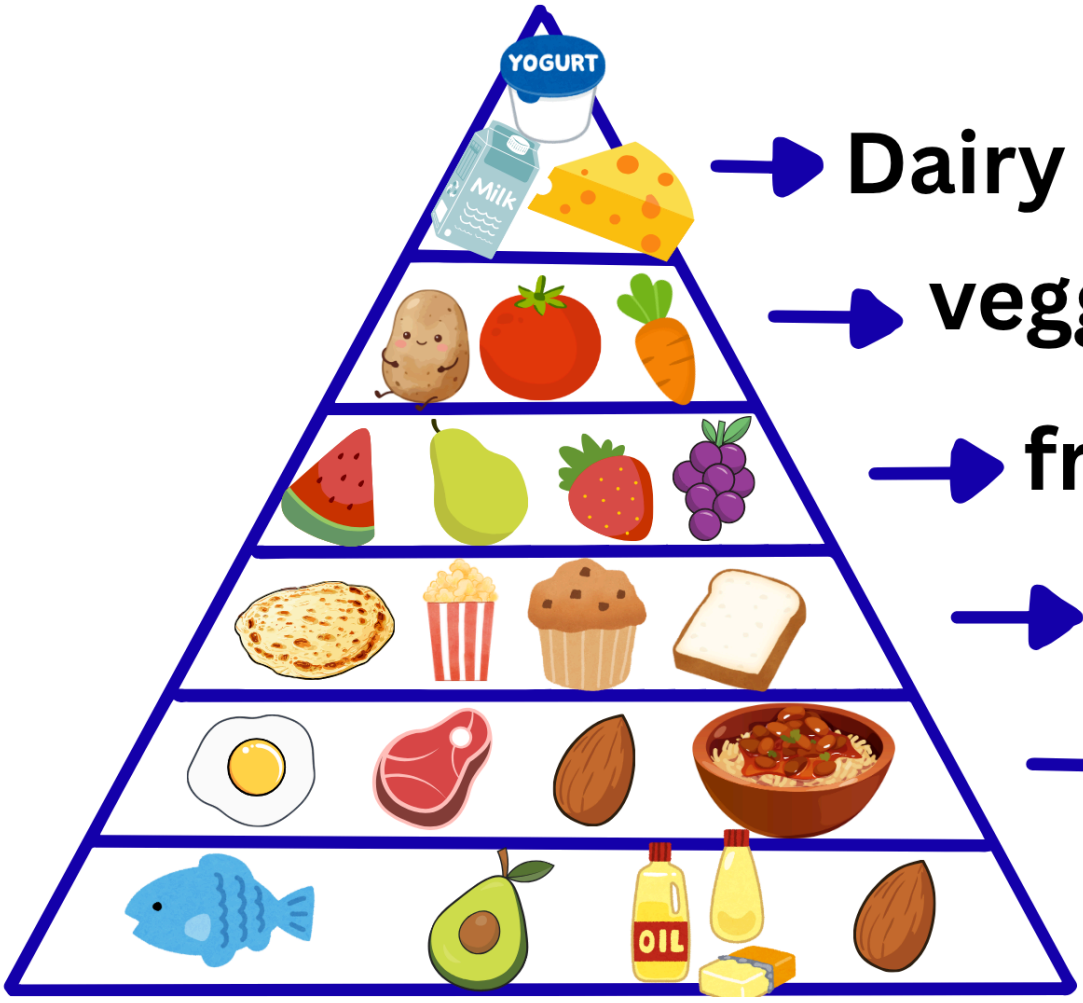
Food group	Daily amount	Examples
Dairy	3 cups	8 ounces milk 6 ounces yogurt 1.5 ounces cheese 1/3 cup shredded cheese 1/2 cup ricotta cheese
Vegetables	2.5 cups	Spinach (2 cups raw, 1 cup cooked) 1 cup chopped broccoli, carrots, tomato, cucumber 1 cup mashed or 1 large baked sweet potato 8 ounces 100% 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 tbsp nut butter

		3-4 ounces beef, chicken, fish, pork, or turkey 12 almonds 1/4 cup cooked beans
Oils	5 tsp	

Commonalities:

- WA dairy is telling me that my body needs proteins, vegetables, and carbs.
- We need to eat whole fresh foods to get nutrients and less highly processed foods.
- We have to eat as many different foods as possible.
- We need grains,veggies,fruits,dairy,protein, and oils.
- We also need extra calories like candy, chips,baked sweets and fats such as mayonnaise and salad dressings.

FOOD PYRAMID



→ Dairy

→ veggies

→ fruits

→ Grains

→ Protein

→ Oils

Healthy eating regimen

Weekly Meal plan

MONDAY

- Breakfast:Bread with ham and cheese,yogurt
- Lunch:,tangerine,bread with ham and cheese,bread with blueberries in it
- Snacks:Yogurt or bread
- Dinner:Meat, white rice, and banana

TUESDAY

- Breakfast:Bread with ham and cheese,yogurt
- Lunch:tangerine,bread with ham and cheese,bread with blueberries in it
- Snacks:Yogurt or bread
- Dinner:Meat, white rice, and banana

WEDNESDAY

- Breakfast:Bread with ham and cheese,yogurt
- Lunch:tangerine,bread with ham and cheese,bread with blueberries in it
- Snacks:Yogurt or bread
- Dinner:Meat, white rice, and banana

THURSDAY

- Breakfast:Bread with ham and cheese,yogurt
- Lunch:tangerine,bread with ham and cheese,bread with blueberries in it
- Snacks:Yogurt or bread
- Dinner:Meat, white rice, and banana

FRIDAY

- Breakfast:Bread with ham and cheese,yogurt
- Lunch:tangerine,bread with ham and cheese,bread with blueberries in it
- Snacks:Yogurt or bread
- Dinner:Meat, white rice, and banana

SATURDAY

- Breakfast:Bread with ham and cheese,yogurt
- Lunch:Toast,yogurt
- Snacks:Yogurt or bread
- Dinner:Meat, white rice, banana

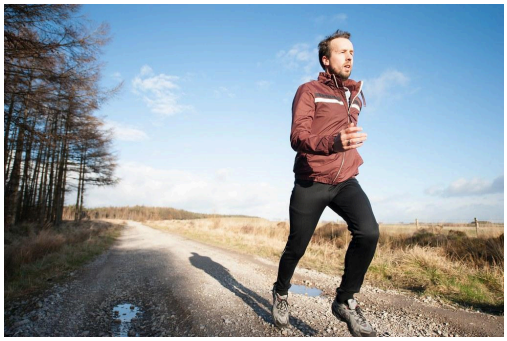
SUNDAY

- Breakfast:Bread with ham and cheese,yogurt
- Lunch:Toast,yogurt
- Snacks:Yogurt or bread
- Dinner:Meat, white rice, banana

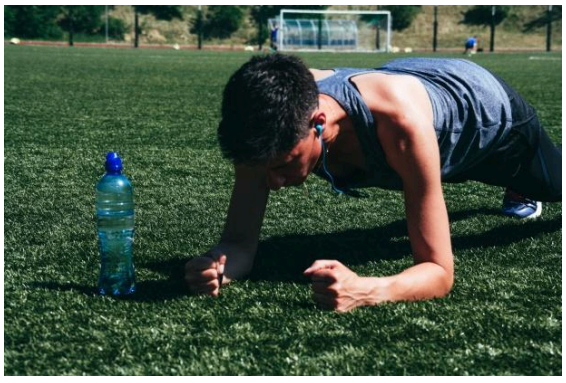
Portfolio Section 3: Physical Health











Personal Exercise Guidelines

Student profile:
Age:10
Gender:Male
Activity level:Moderately Active

Exercise Guidelines:
1.Kids that are 6-17 years old need to exercise 60min (1 hour) on at least 3 days a week doing vigorous activities, activities that strengthen muscles, and activities that strengthen bones.

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

Day of the week	Exercise type examples	Recommended time
Monday	Sports	60 minutes
Tuesday	Bicycle riding	60 minutes
Wednesday	Running	60 minutes
Thursday	Jumping rope	60 minutes
Friday	Tag	60 minutes

Health Benefit Sentence Scramble

Scramble sentences:

1.And,to, density focus need on we variety nutrient amounts

2.Enjoyable need childrens 60 to variety a minutes activities physical do of for daily.

3.We to need week least at for do days a exercises.

4.Vigorous need, that and, bones muscles childrens activities that strengthen activities strengthen activities.

5.Moderately if are active need you of 2.5 vegetables daily cups you.

Answer key:

1.We need to focus on amounts, nutrient density, and variety.

2.Childrens need to do a variety of enjoyable physical activities.

3.We need to do exercises for at least 3 days a week.

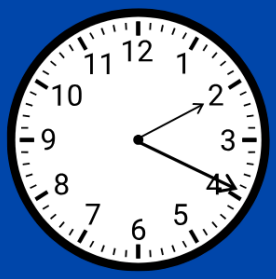
4.Childrens need vigorous activities, activities that strengthen muscles, and activities that strengthen bones.

5.If you are moderately active you need 2.5 cups of vegetables daily.

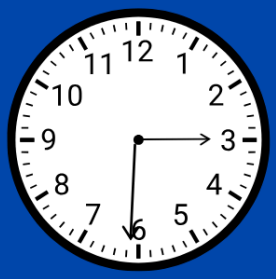
Exercise Duration Hours

Monday-Sunday

Time im going to start playing sports:

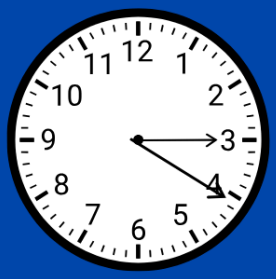


Time im going to end playing sports:

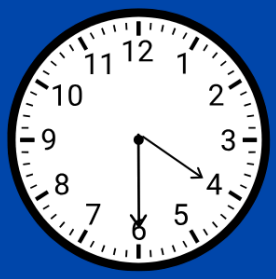


1h 10m

Time im going to start playing sports:



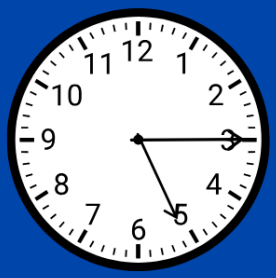
Time im going to end playing sports:



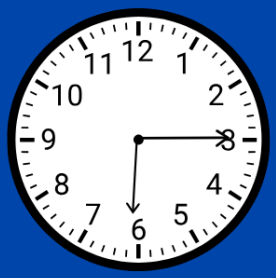
1h 20m



Time im going to start playing sports:



Time im going to end playing sports:



1hour

Time im going to start playing sports:



Time im going to end playing sports:



1h 10m

Safety test

1. How many cups of fruits do you need daily?
   a. 100000
   b. 1
   c. 3
   d. 1.5

2. How many minutes should you exercise if you are moderately active?

A. 5 minutes

b. less than 30 minutes

c. 30 to 60 minutes

d. over 60 minutes

3. You need to eat healthy food

a. true

b. false

4. To strengthen your muscles you need to -
   a. You need to go to eat a hamburger
   b. You need to exercise and go to the gym

c. Eat candies

d. Watch your phone

5. Should you eat chips if you are working out?

a.yes

b.no

Answer key:

1.d

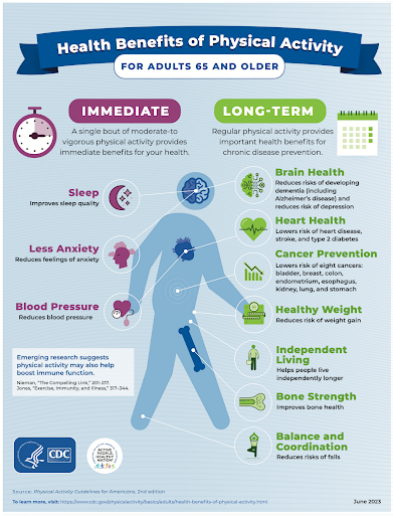
2.c

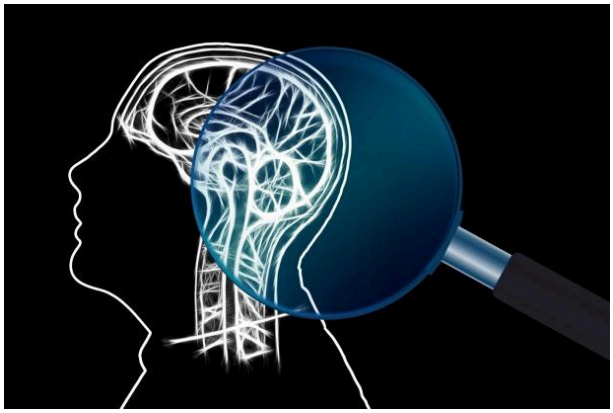
3.a

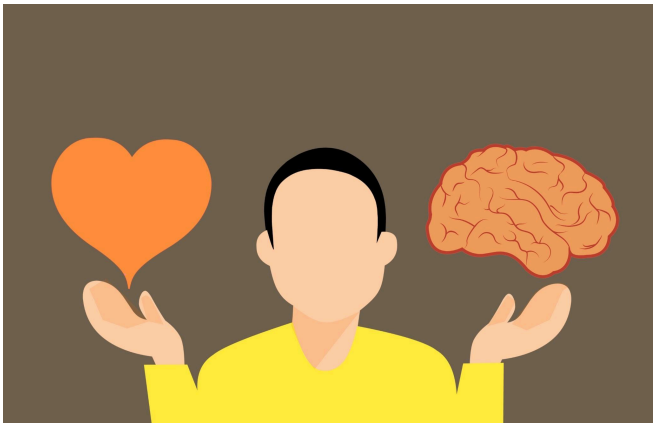
4.b

5.b

Portfolio Section 4: Healthy brain









Academic Activities By Season

Spring:

- Basketball
- discover plants

Summer:

- Go to the beach
- Play soccer
- Go fishing

Fall:

- Do exercises in my house
- Play baseball

Winter:

- Build a snowman
- Snowball fight
- Go ice skating
- Hokey

Academic Activity List Personalization

Academic Activity	Personalized Name
Soccer	Kick And Score
Baseball	Throw, Hit, and Catch
Basketball	Make It In The Goal
Fishing	Catch a cool fish
Build a snowman	Build a Cool Frozen Guy

Weekly Homework Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00-4:30	Eat/Break	Eat/Break	Eat/Break	Eat/Break	Eat/Break	Eat/Break	Eat/Break
4:30-5:00	Read for 30mins	Read for 30mins	Read for 30mins	Read for 30mins	Read for 30mins	Read for 30mins	Read for 30mins
5:00-5:30	Snack/Break	Snack/Break	Snack/Break	Snack/Break	Snack/Break	Snack/Break	Snack/Break
5:30-6:00	Math Practice	Math Practice	Math Practice	Math Practice	Math Practice	Math Practice	Math Practice

Stress and Calm Match-Up Illustration

Stressful	Calm
When I lose in a game and I crash out	I take a deep breath
When my alarm rings	I go back to sleep
When im sick	Hope I get better
When I get homework or have to do work	I scream or I take a deep breath
My sister	I tell her to get away from me

Stressful	Calm
 	
 	
	 I hope I feel better
 	
 	  get away from me

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 work:exercise breakfast:bread and yogurt snack:yogurt lunch:sandwich dinner:chicken and rice science club- 10pm	2 work:exercise breakfast:toast snack:yogurt lunch:sandwich dinner:chicken, rice, and banana science club- 11pm
3 work:ride my bicycle breakfast:bread and yogurt snack:yogurt lunch:sandwich dinner:chicken and rice science club- 10pm	4 work:exercise breakfast:bread and yogurt snack:yogurt lunch:sandwich dinner:chicken and rice with beans science club- 10pm	5 work:sports breakfast:bread and yogurt snack:yogurt lunch:sandwich dinner:chicken and rice science club- 10pm	6 work:exercise breakfast:bread with bluberries snack:yogurt lunch:sandwich dinner:chicken and rice science club- 10pm	7 work:exercise breakfast:toast and yogurt snack:bread lunch:sandwich dinner:chicken and rice science club- 10pm	8 work:exercise breakfast:bread and yogurt snack:yogurt lunch:sandwich dinner:chicken and rice science club- 10pm	9 work:exercise breakfast:toast snack:yogurt lunch:sandwich dinner:chicken, rice, and banana science club- 11pm
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17 work:ride my bicycle breakfast:bread and yogurt snack:yogurt lunch:sandwich dinner:chicken and rice science club- 10pm	18 work:exercise breakfast:bread and yogurt snack:yogurt lunch:sandwich dinner:chicken and rice with beans science club- 10pm	19 work:sports breakfast:bread and yogurt snack:yogurt lunch:sandwich dinner:chicken and rice science club- 10pm	20 work:exercise breakfast:bread with blueberries snack:yogurt lunch:sandwich dinner:chicken and rice science club- 10pm	21 work:exercise breakfast:toast and yogurt snack:bread lunch:sandwich dinner:chicken and rice science club- 10pm	22 work:exercise breakfast:bread and yogurt snack:yogurt lunch:sandwich dinner:chicken and rice science club- 10pm	23 work:exercise breakfast:toast snack:yogurt lunch:sandwich dinner:chicken, rice, and banana science club- 11pm
24 work:ride my bicycle breakfast:bread and yogurt snack:yogurt lunch:sandwich dinner:chicken and rice science club- 10pm	25 work:exercise breakfast:bread and yogurt snack:yogurt lunch:sandwich dinner:chicken and rice with beans science club- 10pm	26 work:sports breakfast:bread and yogurt snack:yogurt lunch:sandwich dinner:chicken and rice science club- 10pm	27 work:exercise breakfast:bread with bluberries snack:yogurt lunch:sandwich dinner:chicken and rice science club- 10pm	28 work:exercise breakfast:toast and yogurt snack:bread lunch:sandwich dinner:chicken and rice science club- 10pm	29 work:exercise breakfast:bread and yogurt snack:yogurt lunch:sandwich dinner:chicken and rice science club- 10pm	30 work:exercise breakfast:toast snack:yogurt lunch:sandwich dinner:chicken, rice, and banana science club- 11pm
31 work:ride my bicycle breakfast:bread and yogurt snack:yogurt lunch:sandwich dinner:chicken and rice science club- 10pm						