

Module One Wellness Plan

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Fill in all logs and answer the reflection questions completely with supporting details for sections 1-4. After completing all four sections, submit this file as your Module One Wellness Plan assignment.

Section 1: Goals

List the four wellness goals that you created earlier in Module 1 *before* completing the reflection questions. Think about how you can make your goals MAD (measurable, attainable, and deadline driven). This will help you keep your eye on the target as you work toward each goal.

Sample Goals:

1. Physical – I will walk non-stop for at least 30 minutes five days a week over the next three weeks.
2. Social – I will join a club at school before this week ends, and I will attend all meetings this semester.
3. Emotional – I will journal every evening for the next two weeks as a way to reduce stress and anxiety.
4. Academic – I will work with a study partner once a week for at least a month to help improve my geometry grade.

Please list your goal for each category below:

1. Physical –

1. Social –

1. Emotional –

1. Academic –

Goal Reflection Question:

Which of your wellness goals is the most important to you? Explain why.

Answer:

Section 2: Target Heart Rate Chart

Complete the “My Rates” column of the chart using the THR calculator.

Target Heart Rate Data	My Rates
1. Resting Heart Rate (RHR)	_____ bpm
1. Maximum Heart Rate (MHR)	_____ bpm
1. Target Heart Rate Zone at 50% and 85%	My zone is _____ bpm to _____ bpm

Heart Rate Reflection Question

Were you able to maintain your workouts within your calculated target heart rate zone? Explain which activities you enjoyed most and which best helped you stay in your THR zone.

Answer:

Section 3: Fitness Assessments

Complete steps one and two on the chart below:

Step1

Complete the Lesson 01.03 Baseline Results column. Use the original results from your 01.03 Fitness Assessments.

Step 2

Complete the Module 1 Wellness Plan Results column.

Activity	Lesson 01.03 Baseline Results	Module 1 Wellness Plan Results
Mile Run/Walk		
Body Mass Index		
Aerobic Capacity		
Curl-ups		
Push-ups		
Trunk Lift		
Sit and Reach		

Fitness Assessment Reflection Questions:

1. Explain how your scores compare to the Healthy Fitness Zone Standards. Based on this comparison, what should you do next?

Answer:

1. Explain how your activity routine is improving each of your health-related components of fitness (flexibility, muscular strength and endurance, cardiovascular, and body composition).

Answer:

Section 4: Physical Activity Log

Include all moderate and vigorous physical activity in the table below. You need at least three different moderate to vigorous activities that add up to 420 minutes. Activities need to add up to 420 minutes without your warm-up times. Keep adding rows to show all of your activities. The first five rows are completed as a sample only.

Date	Warm-up	Physical Activity	Activity Minutes without Warm-up
12/25	5-min stretch	2-mile walk	30 min
12/26	5-min jog	4-mile run	45 min
12/27	5-min stretch	Basketball practice	60 min
12/28	15-min stretch	Cheerleading—state championship	180 min
12/31	5-min stretch	3-mile bike ride	20 min
TOTAL Activity Minutes			
Remember the 420-minute minimum			

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Physical Activity Reflection Chart:

Using your activities as examples, reflect on your use of FITT principles by completing the chart below:

Sample:

FITT Principle	Activity	Explanation
Frequency	3-mile bike ride	I ride this route 2-3 times a week.

Complete the following Chart

FITT Principle	Activity	Explanation
Frequency		
Intensity		
Time		
Type		

Physical Activity Reflection Question:

Discuss changes you can make in your workout routine to increase your activity level and improve on your achievements. Include adjustments to completed activities and activities you may wish to add to your routine.

Answer:

Module One Wellness Plan Grading Rubric

	Excellent	Good	Needs Improvement	Poor
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Section 1: Goals	9–10 points <ul style="list-style-type: none"> • All goals are measurable, attainable, and deadline driven. • Reflection question responses are complete and supported. 	8 points <ul style="list-style-type: none"> • Most goals are measurable, attainable, and deadline driven. • Reflection responses are adequately detailed and supported. 	7 points <ul style="list-style-type: none"> • Some goals are measurable, attainable, and deadline driven. • Reflection responses are complete but lacking detail and support. 	0–6 points <ul style="list-style-type: none"> • Goals are not measurable, attainable, and deadline driven. • Reflection responses are incomplete or inaccurate.
Section 2: Target Heart Rate	18–20 points <ul style="list-style-type: none"> • Heart rate and target heart rate zone are recorded and accurate. • Reflection question responses are complete and supported. 	16–17 points <ul style="list-style-type: none"> • Heart rate and target heart rate zone are recorded and slightly inaccurate. • Reflection responses are adequately detailed and supported. 	13–15 points <ul style="list-style-type: none"> • Heart rate and target heart rate zone are recorded and moderately inaccurate. • Reflection responses are complete but lacking detail and support. 	0–12 points <ul style="list-style-type: none"> • Heart rate and target heart rate zone are not recorded and/or completely inaccurate. • Reflection responses are incomplete or inaccurate.
Section 3: Fitness Assessments Results for: Lesson 01.03 Module 1	36–40 points <ul style="list-style-type: none"> • Fitness assessment results are recorded. • Reflection question responses are complete and supported. 	31–35 points <ul style="list-style-type: none"> • Fitness assessment results are recorded. • Reflection responses are adequately detailed and supported. 	25–30 points <ul style="list-style-type: none"> • Fitness assessment results are recorded. • Reflection responses are complete but lacking detail and support. 	0–24 points <ul style="list-style-type: none"> • Fitness assessment results are recorded. • Reflection responses are incomplete or inaccurate.

Section 4: Physical Activity Log YOU ARE REQUIRED TO LOG EACH WEEK YOU ARE IN THE COURSE	63–70 points <ul style="list-style-type: none"> • All exercises are moderate to vigorous intensity. • At least 420 activity minutes are recorded. • All exercises are dated as daily or every other day. • At least three different exercises have been logged, including specific exercises when required. • Reflection question responses are complete and supported. 	54–62 points <ul style="list-style-type: none"> • Most exercises are moderate to vigorous intensity. • At least 385 activity minutes are recorded. • All exercises are dated as daily or every other day. • Most exercise dates are listed and are not in an effective pattern. • At least three different exercises have been logged, including specific exercises when required. • Reflection responses are adequately detailed and supported. 	43–53 points <ul style="list-style-type: none"> • Some exercises are moderate to vigorous intensity. • At least 350 activity minutes are recorded. • Some exercise dates listed are not in an effective pattern. • At least two different exercises have been logged, including specific exercises when required. • Reflection responses are complete but lacking detail and support. 	0–42 points <ul style="list-style-type: none"> • Few exercises are moderate to vigorous intensity, or intensity is not indicated. • At least 315 activity minutes are recorded. • Few exercise dates listed are in an effective pattern. • One type of exercise has been logged, including specific exercises when required. • Reflection responses are incomplete or inaccurate.
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Total Points Possible: 140 points