

Module Three Wellness Plan

GO TO FILE – Choose SAVE AS – Save a copy of this to your computer!

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

Section 1: Fitness Assessments

Complete the steps on the chart below:

Step 1 Complete **Column B**. Use your **original results** from your Module One Fitness Assessments.

Step 2 Complete **Column C**. **Re-do all Fitness Tests** from Module One to analyze your progress and gains.

Column A	Column B	Column C
Activity	1.03 Fitness Assessment Results	Module Three Wellness Plan Results
Mile Run/Walk		
Body Mass Index		
Aerobic Capacity		
Curl-ups		
Push-ups		
Trunk Lift (use a ruler)		
Sit and Reach (use a ruler)		

Section 2: Flexibility Workout Log

- Perform and log five stretching exercises for two days in the same week.
- Pick the five stretches you feel would be best for you to perform. Do the same five stretches for both days.
- Module Three suggests starting with two repetitions held for 15 seconds for a total of 30 seconds for each exercise.
- Refer to the yellow highlighted example below.

Please use the following link for video demonstrations: [Wellness Plan Support](#)

Flexibility Exercises/Muscle Stretched		Day 1			Day 2		
Flexibility Exercises	Muscle Stretched	Dates	# of Repetitions	Time	Dates	# of Repetitions	Time
Side Deltoid Stretch	Shoulder	10/1	2	15 seconds	10/3	2	15 seconds

Section 3: Muscular Strength and Endurance Log

Complete the chart below. Remember:

- Perform and log five muscular exercises for two days in the same week.
- You pick the five exercises you feel would be best for you to perform. Do the same 5 exercises for both days.
- There **MUST** be a 48-hour rest period between workouts.
- Module Three suggests starting with 2 or 3 sets.
- The suggested number of repetitions is 8-10 for challenging weights and exercises.
- If you are using very light weight or bodyweight, you can complete as many as 18 repetitions depending on your current ability level.

Please use the following link for video demonstrations (go to slide 7): [Wellness Plan Support](#)

Sample highlighted in Yellow:

		Dates	Day 1				Day 2		
Exercise	Muscle Worked	Dates	# of sets	# of reps	Resistance (Weight)	Dates	# of sets	# of reps	Resistance (Weight)
Single Leg Deadlift	Hamstrings /Quads	10/2	3	7	10 lb. Dumbbell	10/4	2	10	20 lb. DB
Hammer Curls	Biceps	10/2	3	8	15 lb. DB	10/4	3	10	15 lb DB

Complete this Chart:

	Dates	Day 1		Day 2
--	-------	-------	--	-------

Exercise	Muscle Worked	Dates	# of sets	# of reps	Resistance (Weight)	Dates	# of sets	# of reps	Resistance (Weight)

Section 4: Physical Activity Log

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 your activities. **The first five rows are completed as a sample only.**

Date	Warm-up	Physical Activity	Activity Minutes without Warm-up
10/1	5-min stretch	HITT training session	45 min
10/1	5-min jog	Raked 8 bags of leaves	60 min
10/3	5-min stretch	Basketball game with friends	120 min
10/5	15-min stretch	Frisbee golf	90 min

10/8	5-min stretch	Pickleball	75 min
TOTAL Activity Minutes Remember the 420-minute minimum.			_____Total

Section 5: Reflection

Complete the Reflection questions below:

Fitness Assessment Reflection Question:	What areas of fitness show an improvement through your fitness assessments, and what activities do you think contributed to these improvements? – Answer below	
	Improvement	Contributing Activities

Flexibility		
Muscular Strength and Endurance		
Cardiovascular Endurance		
Body Composition		
Flexibility Reflection Question:	What stretches are easiest for you, and which are the most challenging? How does this relate to the activities you complete regularly on your activity log?	
Answer:		
Muscular Strength and Endurance Reflection Question:	What change to your routine have you made since starting? How has it affected your workouts?	
Answer:		
Physical Activity Reflection Questions:	What was your favorite activity completed in this activity log? What muscles are used in this activity, and what components of health-related fitness does it involve?	
Answer:		

	Based on the total number of minutes, how do you feel about your level of activity? What actions can you take to continue to improve your average daily movement?
Answer:	