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Ms. Krafty

Gym

12/21/16

Fitness Project Reflection Paper

**Smart Fitness Goal:**

This semester, I wanted to increase my muscular endurance and strength. I increased my strength and endurance by doing specific workouts. These workouts included trying to do more push-ups, more crunches, and squats. I managed to hold a plank for a certain amount of time, and I started doing more lunges. I also started working out my back and shoulders by working out with the dumbbells. I measured this by recording the number of reps that I could do. Each time I worked on these exercises I got better and better.

I wanted to achieve this goal for many different reasons. Throughout my life I have played a lot of sports. I do crew and we are constantly using our arms. You need to have strong arms to pull your boat during a race. I have always been known as the “weak girl” or the girl that is not as strong as everyone else. Now that I have completed this part of my fitness journey, I hope I will no longer be labeled as weak. Achieving my goal was very important to me because of these reasons.

**Comparison of Fall and Winter Test Results:**

|  |  |  |
| --- | --- | --- |
|  | Fall Results | Winter Results |
| Mile Run | 8:29 | 8:48 |
| Push ups |  |  |
| Curl ups |  |  |

The table above shows the comparison of my fall and winter test results. The following tables are my activity logs for the past few weeks.

11/9/16 – 11/15/16

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Wednesday | Thursday | Friday | Saturday | Sunday | Monday | Tuesday |
| Rest Day  (I was sick) | Rest Day  (I was sick) | Walk/Run 1 mile.  1-minute plank  25 push-ups. | Run 1 mile.  5 reps of 10 situps | Work out on rowing machine – 5000 meters (5k) on level 5. | Run 1 mile on elliptical. | Crew Practice:  Worked out arms (push ups, burpees for 45 seconds, 5 times each.  Worked out legs (lunges up and down gym court 2 times, and ran laps around the gym for 10 minutes.) |

11/16/16 – 11/22/16

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Wednesday | Thursday | Friday | Saturday | Sunday | Monday | Tuesday |
| Bike 5 min. Treadmill 5 min. Medicine Ball workout 10 min. Bosu Ball squats- 3 sets of 10 and hold squat position of bosu ball for 30 seconds. | Crew Practice: ran in the gym for 10 minutes, rowing machine for 30 minutes. | Rest day for the most part, but I did go ice skating. | Ice skating.  Crew practice: 3 reps of 10 squats and 10 push ups. | Walked 1 mile.  30 sit ups.  15 push ups | Rest Day | Crew Practice:  Rowed on rowing machines for an hour and ran in the gym for 8 minutes. |

11/23/16 – 11/29/16

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Wednesday | Thursday | Friday | Saturday | Sunday | Monday | Tuesday |
| Walk/run 1 mile. | Rest Day | Rowing machine: 5k, 1 plank for 1 min. , 25 situps | Ran 1 mile  10 reps of 10 squats  25 push ups | 10 Burpees  1 min. plank | Rest day | Crew practice: Rowing machines for one hour. |

11/30/16 – 12/6/16

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Wednesday | Thursday | Friday | Saturday | Sunday | Monday | Tuesday |
| Increasing medicine ball passing for ten minutes.  Stairs level 9 for five min.  Bike 10 min  Increased lifting 10 minutes | Crew Practice: Rowing Machines for an hour. | Basketball workout at the gym for an hour. | Crew Practice/working out in the weight room. | Ran 1 Mile on elliptical.  2: 1 min. planks.  50 sit ups | 1 mile on elliptical  Walk dogs for 20 min. | Crew Practice: Rowing Machines for an hour. |

**Was My Goal Achieved? Why or Why Not?**

My goal was partially achieved. My pushups and curl ups results have improved. The result from my mile on the other hand, has not improved. Next time, I would push myself harder, and not doing as many rest days. I could have run harder than I did, and I was starting to get lazy with the amount of pushups and sit-ups I was doing. I could have kept pushing myself to work my absolute hardest every time.

**Was the F.I.T.T. Calendar Helpful?**

My F.I.T.T. Calendar was not very much help to me, because I was not specific enough. If I was more specific on every workout I was planning on doing, it would have been more helpful and it could have possibly made a difference for my end results.

**Were the Activity Logs Helpful?**

The Activity Logs were extremely helpful. They kept good track of my progress and I felt like they were good motivation to push myself harder than I did the week before. Now that I have learned how to use my activity log properly, I will start making them for my workout time for fun, instead of doing them for homework. I really enjoyed the process of making my activity log and I will most definitely start using them from now on.

**Challenges and Obstacles faced:**

During this process I have faced a few different obstacles. Some of the obstacles I have faced include poor motivation to workout, getting sick and being unable to work out, and over Thanksgiving break it was hard to workout. I overcame these obstacles by pushing myself when I got back on track with everything. My social support partner, Belle O’Hara was doing a great job of helping me out when I was losing motivation.

**What Would You Do Differently?**

Differently I would try to stay more motivated. I will start dressing up every day to workout which should help. Eating healthier would improve my speed and strength. Eating more protein with improve my physical strength and endurance. Next time I will stay more motivated, take less rest days, and eat healthier.

**What I learned:**

During this process I learned a lot about myself. I learned that physical activity is very important to incorporate in my everyday life. Staying motivated is very important. Keeping up with my goals can be hard but I can get through it with good social support. I learned my body’s limits and how it can be hard to reach your goals. Achieving goals is not as easy as it looks. Fitness can be fun! Physical activity must be incorporated in my life every.