Name

Professor name

Subject

Date

Intermediate fitness reflection

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| Days | Monday | Tuesday | Wednesday | Thursday | Friday  May 7 | Saturday  May 8 | Sunday  May 9 |
| Activities  Week 1 | Walk  25 mins | Push-ups, burpees, reverse-burpees, junk-squat  25 mins | Running 25 mmins | Deep-squat, plank, jump-squat, sit-ups, rope-skipping, sling rope.  25 mins | Rest Day | Deep-squat, plank, jump-squat, sit-ups, rope-skipping, sling rope.  30 mins | Rest Day |
| Week 2 | Walk  30 mins | Deep-squat, plank, jump-squat, sit-ups, rope-skipping, sling rope.  25 mins | Running 25 mmins | Swim  25 mins | Rest Day | Push-ups, burpees, reverse-burpees, junk-squat  25 mins | Rest Day |
| Week 3 | Walk  35 mins | Push-ups, burpees, reverse-burpees, junk-squat  30 mins | Running 30 mmins | Swim  30 mins | Rest Day | Deep-squat, plank, jump-squat, sit-ups, rope-skipping, sling rope.  30 mins | Rest Day |
| Week 4 | Walk  40 mins | Deep-squat, plank, jump-squat, sit-ups, rope-skipping, sling rope.  35 mins | Running 30 mmins | Push-ups, burpees, reverse-burpees, junk-squat  30 mins | Rest Day | Cycling  30 mins | Rest Day |
| Week 5 | Walk  40 mins | Push-ups, burpees, reverse-burpees, junk-squat  30 mins | Running 35 mmins | Deep-squat, plank, jump-squat, sit-ups, rope-skipping, sling rope.  35 mins | Rest Day | Cycling  35 mins | Rest Day |
| Week 6 | Walk  45 mins | Deep-squat, plank, jump-squat, sit-ups, rope-skipping, sling rope.  35 mins | Running 35 mmins | Push-ups, burpees, reverse-burpees, junk-squat  35 mins | Rest Day | Cycling  35 mins | Rest Day |
| Week 7 | Walk  45 mins | Push-ups, burpees, reverse-burpees, junk-squat  35 mins | Running 40 mmins | Swim  40 mins | Rest Day | Cycling  40 mins | Rest Day |

Addressing goals

I was able to meet all the goals of first week expect Saturday’s activity. I had to attend a party so I couldn’t give time to exercise. Also I was feeling a bit low so I thought it is good to take a day off. For other days I completed all activities starting with a 25 minutes walk in Monday, 25 minutes exercise on Tuesday that specifically involved different combinations; push-ups, burpees, reverse-burpees, junk-squat. I met my Wednesday goal of 25 minutes running. On Thursday I had to perform some exercises like deep-squat, plank, jump-squat, sit-ups, rope-skipping, sling rope.

During my second and third weeks I was even more determined and completed daily activities. I managed to follow goals by waking up early at 6 AM. Following a same routine helped me to complete all activities. I assured not to quit any of my goals. On reaching fourth week I was a bit lazy and had to manage other tasks. I wanted to give time to my fitness but my exam pressure undermined my efforts. I only completed Tuesday’s activity. The failure to achieve fourth week goals was due to stress. I thought I couldn’t control my feelings. On the fifth week I was disanointed for missing my fourth week’s activity. I felt that I must balance school and extracurricular so I completed all activities of Monday. During the week I tried my best to create a balance between school and fitness. This allowed me to succeed in completing the whole week’s activity

On the sixth week I missed two days activity. I was again stressed and attempted to find ways for controlling it. This required me to recognize the situations and factors the evoked stress. During this week I has two assessments that prevented me from giving time to exercise. I realized that during exam and tests I am less determined to complete my fitness goals. On seventh week I tried to complete exercises and meet goals even during test days. This allowed me to complete all goals.

Wellness wheel

By the end of one month my wellness wheel improved in terms of emotional strength, physical fitness, sleep, social attitude and academics. Becoming part of the fitness class allowed me to engage in physical activities such as walk, running and exercise. This allowed me to improve my physical fitness. I reduced my 5 kg weight and gained muscle strength. The class also offered me the opportunity to improve my sleep-wake cycle. I followed a schedule for sleeping that helped me in completing my 8 hours sleep. Another important change is enhanced emotional strength that resulted in low stress and improved mental health. By following the fitness goals my academic performance also improved. These changes allowed me to do well at school and attain better grades. My social attitude improved significantly that helped me in improving my relationship with friends and family. I participated in outdoor activities and developed the capacity of overcoming my introvert nature.

The class provided information about maintaining heartbeat at stable rate. Maximum heart rate during exercise was 60-80 beats per minute in adults. I used the knowledge for calculating heart beat and identifying the maximum point. The intermittent nature of exercise impacts heartbeat (Spence). To gain maximum benefits I managed to keep it at a fluctuating rate because a stable heart beat don’t offer excessive benefits. To control heart beat I performed 5 minutes warm up exercise before and after working on individual goals.

Completion of the physical activity posed many challenges starting of managing exercise and work. It was difficult for me to wake up an hour before school time just for completing my fitness goals. My overall experience of physical activity was good that allowed me to attain positive changes in my routine. My engagement in different physical activities enhanced my muscle strength and physical performance. I also experienced positive emotional change.

Work Cited

Spence, Angela. What should our maximum heart rate be during exercise? 2019. 29 11 2019 <https://medicalxpress.com/news/2019-04-maximum-heart.html>.