**Student’s Name**

**Professor’s Name**

**Course**

**Date**

**Question one**

I would scale my effort to a factor 5 in the scale of 1-6. This means that the performance was average regarding physical activities.

**Question two**

I changed my eating habit.

**Question three**

In order to maintain my physical activities, I had to stick to the right food. I had to stick to a balanced diet. This meant reducing more of proteins and burn calories. I also increased the frequency of physical exercises to accommodate the changes in diet.

**Question four**

The nutritionist made me accountable of the physical exercises I was conducted. Instructions given had to be followed to the latter for purposes of maintaining fitness.

**Question five**

The gym was a great partner in my daily exercises. The gym house was well furnished with all equipment that is necessary to maintain fitness. In addition to the gym, there were physical exercises such as running and jogging combined with press-ups. Such activities contribute to the body burning calories.

**Question six**

Having exercised for a long period on a daily basis, there were positive results such as weight loss through burning calories and a good diet. Having a balanced diet is a ticket to good health. In addition, physically fit persons are healthy and never attacked with diseases.

**Question seven**

I learnt so much and continued learning so much. The self is a person who wants to explore the secret behind leaving a healthy life. Provisionally, physical exercises help to maintain the good health. The experience is amazing and interesting since the results is a positive impact on a person’s life. Maintaining a balanced diet and consuming fruits support the immune system and increase the level of disease repellent in the human system.

**Question eight**

Despite observing so much in relation to physical fitness, it is necessary to drink a lot of water and increase the frequency of exercises. This was not observed in the previous week but, in the coming week I intend to observe the frequency of carrying out exercises.