

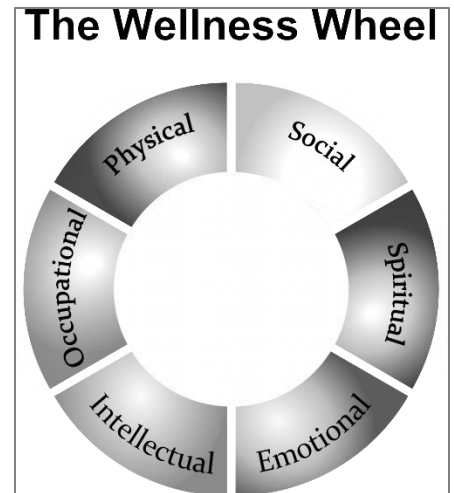
Personal Wellness Plan

Through this assignment you will create an individual and personal wellness plan that you can use as a guide in your daily life. You will need to use all of the information that we have learned to date for this assignment. The following is guide that you may use to ensure you are not forgetting anything.

You may do a rough written draft, but the final version is to be typed. Spelling and grammar will count in your final typed version.

1. Wellness (20 points – DUE December 18 [4 classes])

- a) You are to create your own personal definition of wellness. (6)
- b) You will identify at least 3 areas in your life that are good and to be encouraged. (3)
- c) You will identify at least 3 areas in your life that need improvement. (3)
- d) You will identify any lifestyle choices (habits, tendencies, patterns) that may be affecting your wellness and a strategy to change that lifestyle habit. (2)
- e) You are to take each spoke of the wellness wheel and (for each spoke) state 1 -2 things that you will and can do each day to ensure you are leading a healthy life. (May be things you already do or things you need to start.) (6)



2. Nutrition (75 – DUE January 15 [8 classes])

- a) Create a chart for each of the 4 main food groups. (4)
 - Fruit and Vegetables
 - Grain products
 - Milk, Dairy and alternatives
 - Meat and alternativesFirst, list a variety of foods that you like that fall into each food group. (4)
Then, state the recommended amount for each food group. (4)
- b) Choose 2 meals that you can make (or have made) and give the nutritional qualities for their ingredients (as best you can, using information from the text or the Internet). (10)
- c) Choose 2 not-so-healthy meals that you enjoy from restaurants. Write out the meal and state the nutritional facts (calories, fat, sodium, proteins, carbohydrates and sugar) for each item. Then write the total of each of the whole meal. (10)
- d) Choose 2 healthy meals that you enjoy from restaurants. Write out the meal and state the nutritional facts (calories, fat, sodium, proteins, carbohydrates and sugar) for each item. Then write the total of each of the whole meal. (10)

- e) Create a chart with the 6 essential nutrient groups at the top and list several foods that are good to excellent sources of these nutrients and the sources must be foods that you like. (10)
- f) State 3 things you will do to ensure that your digestive tract stays healthy and functions as productively as possible. (3)
- g) Go to <http://www.calculator.net/calorie-calculator.html> to calculate your personal daily calorie needs.
State the number of calories that you need to maintain your current weight. (1)
State the number of calories to gain a pound a week. (1)
State the number of calories to lose a pound a week. (1)
- h) Go to <http://www.caloriescount.com/getMoving.aspx> and select 5 activities that you like to do and calculate the calories that you will burn if doing that activity of 30 min. (5)
- i) Create a 2-day meal plan (3 meals per day) that takes the Food guide and your calorie needs into consideration as well as foods you enjoy. You do not need to include recipes. You do need to include serving size and calories for each item. (12)

Marking Rubric

/95 Clear Quality Information (that is well organized)
/ 5 Grammar/Spelling

/100 Total