

Fit and Well

Portfolio Categories & Content

Workout log – at least 4 sessions per week, for at least 30 minutes per session.

Teacher’s initials must be on all workout logs, weeks 1 – 6.

The Class exercise session counts as 1 of your 4 weekly sessions.

Behavior Change Workbook

Session I – Activities 1 & 2

Session II – Activities 3 - 8

Session III – Activities 9, 11, 12

Session IV – Activity 13 or 14

Session V – Activity 15

Labs (in the following order)

Session I

Lab 2.1: PAR-Q & You / 2.2

Lab 1.1 / Lab 1.2

Session II

Lab 11.1

Session III

Lab 3.1 optional / Lab 3.2

Lab 7.1

Session IV

Lab 6.1 BMI only / Lab 6.2

Lab 9.1 / Lab 9.2 / Lab 9.3

Lab 10.1 / Lab 10.2 / Lab 10.3

Session V

Lab 13.1 / Lab 13.2 (Smokers only)

Class hand outs

All class handouts should be in this section of the portfolio.

1st - Behavior Change Plan Paper (2-3 pages) – “Why Is It Important To Change ??? Behavior”

2nd - Behavior Change Paper (5-10 pages) – “My Behavior Change Plan”

All reference material that you find to support your research on your behavior change should be placed in the appendix of your 5-10 page paper. The Appendix is not counted in the 5-10 pages.

NOTE: All portfolios will be graded and returned to the main office 1-week after the last class session, for you to pick up. The returned portfolio is a reminder to you of your behavior change and should server as a review of what you have studied in this class to help you stay on track with your chosen behavior change.

Good Luck & God Bless You!!!!!!