

# FITNESS

For the past 3 and a half months I have been being active to get fitness credit for school. In doing this I kept a well written log of time that I spent being active. While doing this I would make sure to write down the date, how long I exercised, and what I did. This allowed me to look back and see what I did and maybe even see improvements on the activities that I did.

For this project I tried to be consistent and work out at least 4-5 times per week for at least 45 minutes at a time. The goal was to be active for at least 40 hours. I managed to hit 46.85 hours. That not including activities that I didn't write down, such as spelunking with the Boy Scouts, and sometime while I am at work. Over all I most often started off with stretching, short jog on the treadmill, and small run, and some pushups and situps.

What I saw over this time was that I had more energy to a few weeks into my fitness plan. It also predictably got easier to do some of the activities that I was doing. I observed my fatigue start to decrease for certain activities like situps and pushups. In the end I hit my goal for fitness. The whole plan taught me some things about health and fitness, and in the end was worthwhile.