**Healthy Active Living CCT**

This is your CCT for the semester. When completed, you will submit all requirements in a folder with a title page.

1. **Create an overall healthy active living goal**. Create an overall goal that you would like to focus on over the remainder of the semester. What are you hoping to achieve?

*“Ex. I would like to increase my cardiovascular endurance in order to be more effective in soccer matches. “*

When completed you must also include a SMART goal. A SMART goal is more specific and helps keep motivation high. It should be connected to your overall goal. Ex. “I would like to run 1 mile in 7 minutes by the end of the semester”.

1. **Create a workout plan** – You will create a 50-minute workout routine that you will follow for 4 weeks. (1-2 sessions a week, 6 total) Your plan should be in an organized table format and include the following
   * Warm-Up – Be specific in what you will be doing
   * Work-out – This could be represented in a number of different ways (Cardio, circuits, weight training) Make sure you are specific regarding the number of reps and sets, or duration of your exercise.
   * Cool down – Once again be specific (5-minute walk on treadmill, foam rolling, etc.)

Remember your plan should reflect your overall goal. You must also include anything else you will be focusing on outside of the classroom to help achieve your overall goal. (Healthier eating habits, walking more places, etc.)

1. **Apply your plan, record your sessions and reflect:** You will be provided with a log to record your sessions. If you deviate from your original plan it is okay. Just record what you changed and why. You will also write a 2 to 3 sentence reflection on how you felt after the session. You will be evaluated on your ability to track your plan and effort throughout.
2. **Reflect on the plan** – The final component will be an analysis of your fitness plan. Use these questions as guidelines:

* Were you successful in achieving your goal? Explain
* What did you find difficult? What did you find easy?
* What would you change if you could do it again?
* How do you feel overall? Did you notice substantial improvements?

**Workout Log**

**Session 1**

Date:

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| --- | --- | --- | --- |
| **Cardio Machine** | **Time** | **Calories Burned** | **Distance** |
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Resistance Training

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| --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Set 1** | | **Set 2** | | **Set 3** | |
| **Weight** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** |
| Push ups |  |  |  |  |  |  |
| Lunges |  |  |  |  |  |  |
| Crunches |  |  |  |  |  |  |
| Burpees |  |  |  |  |  |  |
| 4 rounds, 1 minute rest. |  |  |  |  |  |  |
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\* If performing a circuit you can just list the exercises involved. If you are doing body weight exercises just list “body” under weight. Identify the length of rest between rounds and the amount of rounds completed.

**Session Reflection: I felt really good today. The circuit was difficult I was tired by the end. I found the push ups rather easy. I might increase the push up amount to 15 next session.**

**Workout Log**

**Session 2**

Date:

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| **Cardio Machine** | **Time** | **Calories Burned** | **Distance** |
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Resistance Training

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| --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Set 1** | | **Set 2** | | **Set 3** | |
| **Weight** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** |
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\* If performing a circuit you can just list the exercises involved. If you are doing body weight exercises just list “body” under weight. Identify the length of rest between rounds and the amount of rounds completed.

**Session Reflection:**

**Workout Log**

**Session 3**

Date:

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| --- | --- | --- | --- |
| **Cardio Machine** | **Time** | **Calories Burned** | **Distance** |
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Resistance Training

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| --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Set 1** | | **Set 2** | | **Set 3** | |
| **Weight** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** |
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\* If performing a circuit you can just list the exercises involved. If you are doing body weight exercises just list “body” under weight. Identify the length of rest between rounds and the amount of rounds completed.

**Session Reflection:**

**Workout Log**

**Session 4**

Date:

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| --- | --- | --- | --- |
| **Cardio Machine** | **Time** | **Calories Burned** | **Distance** |
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Resistance Training

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| --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Set 1** | | **Set 2** | | **Set 3** | |
| **Weight** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** |
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\* If performing a circuit you can just list the exercises involved. If you are doing body weight exercises just list “body” under weight. Identify the length of rest between rounds and the amount of rounds completed.

**Session Reflection:**

**Workout Log**

**Session 5**

Date:

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| **Cardio Machine** | **Time** | **Calories Burned** | **Distance** |
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Resistance Training

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| --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Set 1** | | **Set 2** | | **Set 3** | |
| **Weight** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** |
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\* If performing a circuit you can just list the exercises involved. If you are doing body weight exercises just list “body” under weight. Identify the length of rest between rounds and the amount of rounds completed.

**Session Reflection:**

**Workout Log**

**Session 6**

Date:

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| --- | --- | --- | --- |
| **Cardio Machine** | **Time** | **Calories Burned** | **Distance** |
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Resistance Training

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| --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Set 1** | | **Set 2** | | **Set 3** | |
| **Weight** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** |
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\* If performing a circuit you can just list the exercises involved. If you are doing body weight exercises just list “body” under weight. Identify the length of rest between rounds and the amount of rounds completed.

**Session Reflection:**