

Module 10: For the Long Haul


Authentic Assessment: Lifelong Nutrition and Fitness Plan Notes

Introduction

Lifelong Nutrition and Fitness Plan

Introduction

In this assignment, you will use your knowledge of nutrition and fitness to design a lifelong plan that sets goals for your nutrition and physical activity for five, ten, and twenty years from now. Click on the following categories below for a guide about completing this assignment.



[Setting Long-Term Goals](#)

[Setting Short-Term Goals](#)

In this assignment, you will use your knowledge of nutrition and fitness to design a lifelong plan that sets goals for your nutrition and physical activity for five, ten, and twenty years from now. Click on the following categories below for a guide about completing this assignment.

Module 10: For the Long Haul

Authentic Assessment: Lifelong Nutrition and Fitness Plan Notes

Setting Long-Term Goals

Lifelong Nutrition and Fitness Plan

Introduction

Setting Long-Term Goals

Setting goals is important if you want to improve your life, especially when it comes to health and fitness. Remember, setting and reaching shorter goals allows you to see progress as you continually reach for a larger, long-term goal.

For each time period in this assignment, set a long-term goal that relates to where you see your nutrition and fitness. Think about where you want to be in your life at that time, what you want to do, and how you want to feel. On your Lifelong Nutrition and Fitness Plan template, write down your goals for each time period.



Setting Short-Term Goals

Setting goals is important if you want to improve your life, especially when it comes to health and fitness. Remember, setting and reaching shorter goals allows you to see progress as you continually reach for a larger, long-term goal.

For each time period in this assignment, set a long-term goal that relates to where you see your nutrition and fitness. Think about where you want to be in your life at that time, what you want to do, and how you want to feel. On your Lifelong Nutrition and Fitness Plan template, write down your goals for each time period.

Module 10: For the Long Haul

Authentic Assessment: Lifelong Nutrition and Fitness Plan Notes

Setting Short-Term Goals

Lifelong Nutrition and Fitness Plan


Setting Long-Term Goals

Setting Short-Term Goals

When setting goals, keep your tone positive. Write about what you want to do, not what you want to avoid. Also, keep in mind that these goals are for the next several years, so you do not need to be overly specific. Rather than worrying about the length of your activity or the number of calories burned, focus more on what you want your outcome to be for each short-term goal, and how that outcome will help you meet your long-term goal.

For example, you might say, "I will participate in group activities to connect with friends and stay active when my motivation is low" or "I will make sure to eat from each of the food groups as advised by MyPlate."

Write three short-term goals to help you meet a particular long-term goal. You will write nine short-term goals total. Also, make sure to include goals that relate to nutrition and physical activity.



When setting goals, keep your tone positive. Write about what you want to do, not what you want to avoid. Also, keep in mind that these goals are for the next several years, so you do not need to be overly specific. Rather than worrying about the length of your activity or the number of calories burned, focus more on what you want your outcome to be for each short-term goal, and how that outcome will help you meet your long-term goal.

For example, you might say, "I will participate in group activities to connect with friends and stay active when my motivation is low" or "I will make sure to eat from each of the food groups as advised by MyPlate."

Write three short-term goals to help you meet a particular long-term goal. You will write nine short-term goals total. Also, be sure to include goals that relate to nutrition and physical activity.

Module 10: For the Long Haul

Authentic Assessment: Lifelong Nutrition and Fitness Plan Notes

Setting Goals Example

The screenshot shows a digital interface with a dark grey header containing the title "Lifelong Nutrition and Fitness Plan". Below the header is a vertical navigation menu with five blue buttons: "Setting Long-Term Goals", "Setting Short-Term Goals", "Setting Goals Example" (highlighted in yellow), "Designing the Plan", and "Designing the Plan Example". To the right of the menu is a vertical scrollbar. The main content area below the menu contains the text "Here is an example of the lifelong physical-activity plan James has designed for his five-year long-term goal:" followed by a white box with a grey border containing the following text:

Long-Term Goal: In five years, I want to be able to continue to be physically active in all the activities that I already do, including soccer and weight training. I also want to remain flexible to decrease injury.

- **Short-Term Goal 1:** I will maintain a healthy heart and lungs by continuing to play soccer weekly as part of a recreation team.
- **Short-Term Goal 2:** I will maintain muscle strength by participating in resistance training at a local gym to lift weights or attend classes.
- **Short-Term Goal 3:** I will maintain muscle flexibility by practicing yoga at home and in fitness classes.

Here is an example of the lifelong physical-activity plan James has designed for his five-year long-term goal:

Module 10: For the Long Haul

Authentic Assessment: Lifelong Nutrition and Fitness Plan Notes

Designing the Plan

The image shows a digital document interface with a dark grey header containing the title "Lifelong Nutrition and Fitness Plan". Below the header is a vertical list of blue buttons: "Setting Long-Term Goals", "Setting Short-Term Goals", "Setting Goals Example", "Designing the Plan" (highlighted in yellow), "Designing the Plan Example", and "Implementing the Plan". To the right of the buttons is a vertical scrollbar. Below the "Designing the Plan" button, there is a text block and a chalkboard graphic. The text block reads: "Designing a plan must include nutrition decisions you will make and physical activities you will enjoy during your lifetime. You can always modify your plan as needed, and as your body, tastes, and interests change. Think about how your answers to the questions can help you achieve each specific short-term and long-term goals. Make sure to address goals in all time periods." The chalkboard graphic has the heading "PERSONAL GOALS:" and a list: "1. GO TO THE GYM", "2. EAT HEALTHY", and "3. BE AWESOME".

Designing a plan must include nutrition decisions you will make and physical activities you will enjoy during your lifetime. You can always modify your plan as needed, and as your body, tastes, and interests change. Think about how your answers to the questions can help you achieve each specific short-term and long-term goal. Make sure to address goals in all time periods.

Module 10: For the Long Haul

Authentic Assessment: Lifelong Nutrition and Fitness Plan Notes

Designing the Plan Example

Lifelong Nutrition and Fitness Plan

Designing the Plan

Designing the Plan Example

To the right is an example of the answers Jim gave in designing a physical-activity plan for his five-year long-term and short-term goals.

QUESTION	ANSWERS	How can this help me reach a long-term or short-term goal?
What do you enjoy?	I enjoy soccer, running, weight training, roller-skating, team sports, and swimming.	I will participate in these activities that I enjoy and that can help me remain physically active and healthy by working my muscle strength, endurance, and cardiovascular health.
What are you good at?	I played varsity soccer, and I know a lot about weight training.	I want to keep doing the same activities five years from now that I do now, so I will continue to play soccer and weight train. This will also help maintain my fitness and health.
What interests you that you do not already do?	I am interested in practicing yoga.	I will begin to practice yoga, which will allow me to remain flexible to reduce injury.
Will it keep you healthy?	Soccer is a great cardiovascular activity, and any weight-bearing activity is beneficial for muscle and bone health. Yoga also helps with flexibility.	I will make sure to participate weekly in a variety of the exercises that I either enjoy or am interested in for total-body benefits.
Do you enjoy individual or group activities?	I like to hang out with my friends, but sometimes I enjoy the peace and solitude of being on my own.	I will arrange to play soccer or team sports with my friends, but I can enjoy time alone when running or weight-training or even when practicing Yoga.
What type of support system works for you?	My parents enjoy being active, and we do things together as a family. I love to meet up with my friends at field or at the gym.	I will ask my parents to go running with me or roller skating since they enjoy that, too. If I choose, I can meet my friends on the field or at the gym.
How will you reward yourself?	Movies or a new pair of shoes are always good!	I will find something tangible with which to reward myself when I meet a short-term goal or when I have seen progress.

To the right are the answers Jim gave in designing a physical-activity plan for his five-year long-term and short-term goals.

Module 10: For the Long Haul

Authentic Assessment: Lifelong Nutrition and Fitness Plan Notes

Implementing the Plan

Lifelong Nutrition and Fitness Plan

- Designing the Plan
- Designing the Plan Example
- Implementing the Plan**
- Implementing the Plan Example
- Assessing the Plan

In order to implement your lifelong nutrition and fitness plan, you need to think about necessary sports and cooking gear. However, you also need to stay within your budget. You should research where to buy discount groceries or rent equipment. Also, decide on travel and time requirements to meet your goals. If you cannot drive somewhere, you may have to walk, bike, or complete an activity at home.

You have set your goals and thought about equipment, budget, and travel. Now, put your plan into place. Take some time to answer the implementation questions in your template.

IMPLEMENTATION QUESTIONS	ANSWERS
What type of equipment space will I need?	
What will it cost me to participate in my physical activities?	
How can I stay within a budget when purchasing food?	
How much time do I plan on spending on physical activity?	
How much time do I plan on spending on food preparation?	
How can I ensure that I make time to do physical activity and food preparation into my daily schedule?	
What type of travel is needed?	
How might my resources change as time passes?	
How might my tastes change as time passes?	

In order to implement your lifelong nutrition and fitness plan, you need to think about necessary sports and cooking gear. However, you also need to stay within your budget. You should research where to buy discount groceries or rent equipment. Also, decide on travel and time requirements to meet your goals. If you cannot drive somewhere, you may have to walk, bike, or complete an activity at home.

You have set your goals and thought about equipment, budget, and travel. Now, put your plan into place. Take some time to answer the implementation questions in your template.

Module 10: For the Long Haul

Authentic Assessment: Lifelong Nutrition and Fitness Plan Notes

Implementing the Plan Example

Lifelong Nutrition and Fitness Plan

Implementing the Plan

Implementing the Plan Example

Take a moment to look at Jim's answers to the implementation questions. Notice how he wrote with specificity.

QUESTION	ANSWERS
What type of equipment space will I need?	For soccer I will need shin guards, a mouth guard, cleats, and a soccer ball. For yoga, a mat would be helpful in case the gym runs out, or I would like to practice yoga at home. I already have some free weights at home, but I like to work out at the gym. I will need a membership to a gym.
What will it cost me to participate in my physical activities?	I already have soccer equipment from playing on a community team. I will need to pay my gym membership monthly.
How can I stay within a budget when purchasing food?	I will keep a budget of what money I make and my expenses. I will keep my grocery bill under a certain amount, and I will look for healthy choices that are on sale. I will not waste money on food or drink that does not nourish my body.
How much time do I plan on spending on physical activity?	I plan on being active at least sixty minutes a day for six days a week. I will use a variety of activities, but mostly the three I mentioned in my goal because I enjoy them the most.
How much time do I plan on spending on food preparation?	I plan on getting up a half hour early every morning to make my breakfast, lunch, and healthy snacks. I will make nutritious dinners that also provide me with leftovers for other meals in the week to save me time.
How can I ensure that I make time to fit physical activity and food preparation into my daily schedule?	I will schedule my time for the week and for each day. I will write down my priorities first and those responsibilities that I must do at a certain time. I will use my physical activity and food preparation as a priority.
What type of travel is needed?	I will need a car to travel to the grocery store, to the gym, and to soccer games.
How might my resources change as time passes?	I hope to have more money after I have career, but until then, I will rely on my part-time job while I am in college. I could look for used equipment.
How might my tastes change as time passes?	I might find new physical activities or new food that I like.
What are some specific technological tools that I can use to help me in reaching my goals?	I can use a GPS or pedometer, an app on my phone, and websites.
How can I use each technological tool I listed above to help me reach my goals?	I can use a GPS or pedometer while running. I can use an app on my phone to log in my physical activity and the food I eat. I can use websites to help me vary the weight lifting exercises and the yoga poses I do and to find new healthy recipes.

Take a moment to look at Jim's answers to the implementation questions. Notice how he wrote with specificity.

Module 10: For the Long Haul

Authentic Assessment: Lifelong Nutrition and Fitness Plan Notes

Assessing the Plan

The screenshot shows a digital document with a dark grey header containing the title "Lifelong Nutrition and Fitness Plan". Below the header, there are two horizontal bars: a blue one labeled "Implementing the Plan Example" and a yellow one labeled "Assessing the Plan". The yellow bar is highlighted. Below this bar, there is a paragraph of text, followed by another paragraph, and then a rounded rectangular box containing a list of "Positive physical results". A vertical scrollbar is visible on the right side of the document.

Lifelong Nutrition and Fitness Plan

Assessing the Plan

You must continually assess your progress of the Lifelong Nutrition and Fitness Plan, because as you mature and develop, your body changes and your nutrition and fitness needs will require modifications.

First, set checkpoints, or areas to evaluate whether or not you are making progress toward your goals. For example, if you set the goal of going to the gym six days a week, determine if you are actually going this often. Also, think about whether your body composition is where you hoped. If it is not, you may have to make dietary changes. By taking a general glance at your goals, you can see if adjustments are necessary.

Positive physical results:

- Your endurance on doing everyday tasks may increase.
- Your clothes may begin to fit differently. You may be losing weight or gaining muscle.
- You may notice that you can do more push-ups, lift heavier weights, run longer or faster.
- You can bend over more easily and farther.
- You feel less sleepy and more energized throughout the day.
- Your skin is clearer, and your hair is shinier.

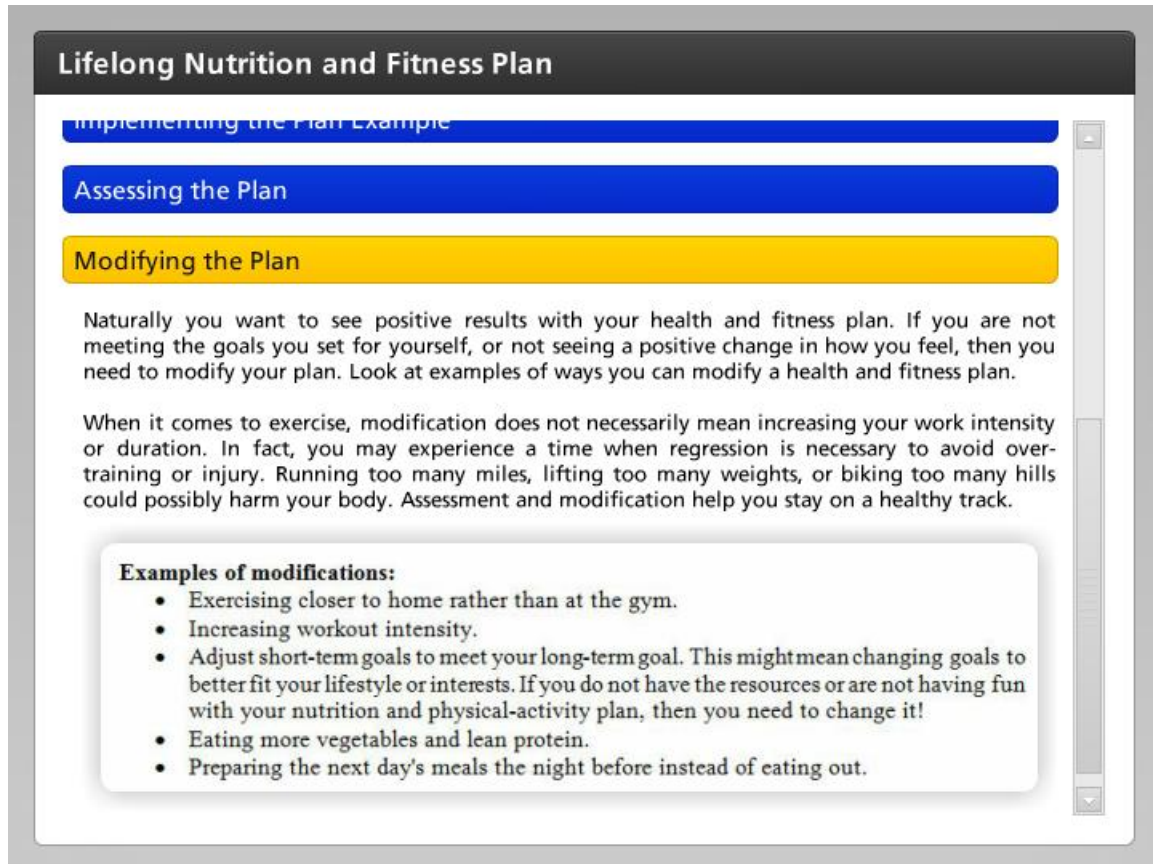
You must continually assess your progress of the Lifelong Nutrition and Fitness Plan, because as you mature and develop, your body changes and your nutrition and fitness needs will require modifications.

First, set checkpoints, or areas to evaluate whether you are making progress toward your goals. For example, if you set the goal of going to the gym six days a week, determine if you are actually going this often. Also, think about whether your body composition is where you hoped. If it is not, you may have to make dietary changes. By taking a general glance at your goals, you can see if adjustments are necessary.

Module 10: For the Long Haul

Authentic Assessment: Lifelong Nutrition and Fitness Plan Notes

Modifying the Plan



The screenshot shows a digital document interface. At the top, there is a dark header with the title "Lifelong Nutrition and Fitness Plan". Below the header is a navigation menu with three items: "Implementing the Plan Example" (blue bar), "Assessing the Plan" (blue bar), and "Modifying the Plan" (yellow bar). The "Modifying the Plan" section is selected and contains the following text:

Naturally you want to see positive results with your health and fitness plan. If you are not meeting the goals you set for yourself, or not seeing a positive change in how you feel, then you need to modify your plan. Look at examples of ways you can modify a health and fitness plan.

When it comes to exercise, modification does not necessarily mean increasing your work intensity or duration. In fact, you may experience a time when regression is necessary to avoid over-training or injury. Running too many miles, lifting too many weights, or biking too many hills could possibly harm your body. Assessment and modification help you stay on a healthy track.

Examples of modifications:

- Exercising closer to home rather than at the gym.
- Increasing workout intensity.
- Adjust short-term goals to meet your long-term goal. This might mean changing goals to better fit your lifestyle or interests. If you do not have the resources or are not having fun with your nutrition and physical-activity plan, then you need to change it!
- Eating more vegetables and lean protein.
- Preparing the next day's meals the night before instead of eating out.

Naturally, you want to see positive results from your health and fitness plan. If you are not meeting the goals you set for yourself, or not seeing a positive change in how you feel, then you need to modify your plan. Look at examples of ways you can modify a health and fitness plan.

When it comes to exercise, modification does not necessarily mean increasing your work intensity or duration. In fact, you may experience a time when regression is necessary to avoid over-training or injury. Running too many miles, lifting too many weights, or biking too many hills could possibly harm your body. Assessment and modification help you stay on a healthy track.