Jordan T. Gardner

HLAC 1013-002 (LW)Body Strength and Tone

Marlene Maag

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Fitness Report

 There are not a lot of great things I do for my health as of late. I am always consistent with getting enough rest and with eating breakfast. I am also consistent with listening to my body when working out to know when to stop if something doesn’t feel right or is hurting.

 I did a family health challenge a month ago and we all set our own rules and kept each other accountable for our goals. It worked out very well and goals I had were to have 2 vegetables everyday, drink 80 oz of water everyday, workout 4 hours a week, do 50 pushups, 150 crunches, 20 lunges or squats, and 10 pull-ups everyday, only have 2 sweets a week, and take a multivitamin everyday. I plan on starting this challenge again with my family and resuming these goals.