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| Individual Assignment |
| Course Code: SSS  Course Name: Student Success Strategies  Version: 2.0 (Winter 2021)  Assignment: Prepare and give a personal fitness presentation. Create a financial plan. |

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| Materials and Resources |
| Software: Microsoft Office |
| Websites:   1. <http://www.fitstream.com/articles/fitness-planning-a184> 2. <https://www.stravacraftcoffee.com/blogs/healthy-living-blog/how-to-make-a-wellness-plan-you-ll-actually-follow> 3. <https://onplanners.com/templates/fitness-workout> 4. <https://onplanners.com/templates/smart-goal> 5. <https://onplanners.com/template/weekly-meal-plan-floral> 6. <https://onplanners.com/templates/personal-budget> 7. <https://www.canada.ca/en/financial-consumer-agency/services/budget-student-life/student-budget-worksheet.html> 8. <https://food-guide.canada.ca/en/> 9. <https://itools-ioutils.fcac-acfc.gc.ca/BP-PB/budget-planner> 10. <https://www.manulife.ca/personal/plan-and-learn/healthy-finances/financial-planning/ten-simple-money-management-tips.html> |
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| Assignment Description |
| Individually, you will explore the concepts of personal fitness and finance. Investigate both physical and mental wellness. Also investigate nutrition, money management and budgeting. Afterwards, you will create a nutrition & fitness plan that will support your success through this new journey of your future career path. You can also create a personal budget to include with your assignment but there is no need to include exact financial amounts, you can make the numbers fictious but try to keep them realistic. |

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| Assignment steps |
| 1. Research:    1. Explore the different ways of achieving and maintaining a certain level of physical fitness    2. Investigate the various ways of developing good mental health. Include meditation, keeping a gratitude journal, mindfulness, etc.    3. Explore the role of nutrition in good health.    4. Research money management and the importance of setting financial goals |
| 1. Goal-Setting:    1. Set a short-term and long-term health goal (include physical and mental wellness in your consideration)    2. Set a short-term and long-term finance goal |
| 1. Planning:    1. Create a plan to accomplish your short term health goal (e.g. create a one-week meal plan, and/or a weekly workout schedule, and/or a meditation plan)    2. Using a simple template (or create one of your own), create a short-term or long-term monthly budget to accomplish your finance goal |
| 1. Write a short (1-1.5 page) report that outlines how your health plan and budget will help you accomplish your chosen goals. |
| 1. Submit the health plan(s), budget, and short report at the end of the class. |

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| Evaluation Breakdown – 18% of final grade | | |
| Criteria | **Marks**  **(25 Total)** | **How to get top marks:** |
| Health Plan | 10 | * The health plan includes at least one component to improve physical or mental fitness (e.g. meal plan, workout schedule, etc.) * There is enough detail that it is clear the plan would improve the overall health of the individual following the plan (e.g. a workout plan should specify types, level, and timing of activities, not just “go running three times a week”) |
| Budget | 10 | * The budget is realistic (e.g. income is representative of that of a student, not the CEO of a fortune-500 company) * The budget demonstrates a balance between expenditures and savings * The budget accounts for standard expenditures (e.g. rent, transportation, groceries, entertainment, etc.) |
| Report | 5 | * The report explains how the health plan and budget will allow the individual to accomplish their goals * Proper sentence structure is used * Formatting: 12 pt. font, double-spaced, standard font (e.g. Times New Roman or Calibri) |