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| Individual Assignment |
| Course Code: SSSCourse Name: Student Success StrategiesVersion: 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
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| 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
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| 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
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| 1. Write a short (1-1.5 page) report that outlines how your health plan and budget will help you accomplish your chosen goals.
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| 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”)
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| 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.)
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| 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)
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