

Bo Thompson November-December 2017 PDP

PDP Overview:

I had been attending cross-fit classes at a local gym for over two and a half. After participating in these classes, I noticeably lost weight, slept better, and had a great feeling of accomplishment after completing each workout. This changed when I got out of my workout routine due to longer hours at my current job and putting a lot of time towards completing assignments for my online graduate school class. This personal development project will create value for me by helping me loss weight, stay motivated to continue to work out, and maintain a healthier diet.

PDP Deliverable:

By the middle of December, I will have established a regular work-out routine by attending cross fit classes at least three times a week. Additionally, my daily food log will help me to recognize the importance of having a healthier diet.

PDP Activities:

- Daily Food log
- Cross-fit at least three times per week
- Try different forms of exercise

Week 1:

- First weigh-in
- Begin workout routine

Week 2:

- Adjust diet as needed
- Continue workout routine
- Add an extra form of exercise such as riding a bike or running

Week 3:

- Adjust diet as needed
- Continue workout routine
- Try an alternative form of exercise such as dancing, paddle boarding, or playing tennis

Week 4:

- Final weigh-in
- Maintain workout routine