

NAME, SURNAME Ilka Peltola DATE OF BIRTH 26.10.1997 DATE 26 March

QUESTIONNAIRE: HEALTHY LIFESTYLE

WHAT?	X PER DAY/WEEK
SPORTS (indicate which sport and hours/week)	3 running, 3 swimming
HOURS OF SLEEP (per day)	about 6-7
HOURS OF SITTING (school, study, TV/day)	for many
ALCOHOL (glass/week)	no
SMOKER/NON-SMOKER	yes / no
NO. OF MEALS/DAY	3-5
FRUIT/VEGETABLES	yes/no
DINNER AFTER 18.00	yes/no

MAIN AIMS:

WHAT TO EXPECT FROM THIS MINI-PROJECT? YOUR WISHES/DESCRIPTION (IN BRIEF)	
WEIGHT	62 - remained the same
ACTIVITY (1, 2, 3)	running, swimming
WELL-BEING	
NUTRITION	
OTHER:	

MINI-PROJECT PLAN: AIMS, OBJECTIVES AND GOALS

WHAT/HOW	26.	27.	28.	29.	30.	1. 12.	2. 12.	3. 12.	4. 12.
MANY?	11.	11.	11.	11.	11.	6	6	5	6
SLEEP	7	7	6	6	6	6	6	5	6
SIT									
EAT (MEALS AFTER 18.00)	✓	✓	✓	✓	✓	✓	✓	✓	✓
CIGARETTES	✓	✓	✓	✓	✓	✓	✓	✓	✓
ALCOHOL	✓	✓	✓	✓	✓	✓	✓	✓	✓
ACTIVITY 1	✓	✓	✓	✓	✓	✓	✓	✓	✓
HOW LONG?	30 min	30 min	30 min	30 min	30 min	30 min	30 min	30 min	30 min
ACTIVITY 2			✓	✓	✓	✓	✓	✓	✓
HOW LONG?			1h	1h	1h	1h	1h	1h	1h
ACTIVITY 3									
HOW LONG?									

TESTING YOUR BODY STATUS:

DATE	26. 11. 2016	10. 12. 2016
WEIGHT (kg)	62	62
HEIGHT (cm)	166	166
HRT WHEN RESTING		
YOUR ACTIVITY 1, 2, 3		

I want to spend more time outdoors, and be more active → exercise on a daily basis

¹ 50 (HR) = SRČNI UTRIP

² VSTAVI AKTIVNOST IN ENOTO MERILNJA npr. KOLESARJENJE (5t, metrov v 12 minutih)

