



Keeping Up With Lisa and Life

Lisa Knittle

Keeping Up With Lisa

One woman's journey through the starting point of small habits to becoming a healthier person over long term goals.

Key facts about your topic

- Activity
- Original Plan
- Execution of Plan
- Change in Plan
- New Plan and Execution
- Reflection on Plan & Changes
- Future Plans

Rating: Personal Journaling and Reflective Practice on Habits

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Genre: Personal Gain/ Exercise / Healthy Eating / Habits

Platform: Indoor/Outdoor activities, Kitchen skills, Personal

Activity:

1. Please take out a piece of paper and writing utensil or comment in the chat box the following.
 - Write down what your personal definition of or how you identify eating healthy, healthy exercise or habits in your life?
 - I will ask at least one persons definition at the end of the presentation so you can have time to think and reflect on this.





Goals:

1. Meet with a friend at least 2- 5x a week to workout or exercise (Time and what you do).
2. Budget, plan meals and look at sales, new recipes that are healthy that fit your new habits and lifestyle.
3. Journal and reflect on what you did and the progress you made that week with goals and habits
4. Have your accountability person to meet once a week to keep you accountable.

Plan and Execution:

1. **Weekly/Monthly budget** of what one can spend of food and how much of that goes to healthy foods. Checking sales.
2. New recipes (pending sales), **purchase food, meal prep** what you can for the week (portion control).
3. **Meet with friend** to exercise x times a week for X amount of time.
4. **Accountability** with friend.
5. **Journal** each week about the experience. what you did, reflect on the **progress, regressions** and any **discussions** that helped you in the process.

Story

1. Week 1 & 2: everything went according to plan.
2. Week 3 & 4: Everything goes as planned.
3. Week 5 & 6 Things go well with the exception of breaking a toe which I struggled with keeping up exercising during week 6. Work starts tanking because of outbreak. Look for new job at the end of the week and get.
4. Week 7: Sick for a 9+ days (major kick in the right direction for eating healthy)
5. Week 8: Start new job while recovering from being sick and trying to figure out new normal, working full time and school full time online.



Story continued:

- Week 9: Adjusting to new normal of working as an essential employee, reminded me to be thankful for a job that had some security to it.
- Week 10: Same as week 9. Gaining back appetite but also being more conscious about eating and fruits. Simple meals and being exhausted. Taking 10-15 minute walks around the neighborhood block when I get home from work to destress and recalibrate on how and what I was doing for myself now and longterm.
- Week 11 & 12: Exhausted trying to keep up. Only making masks on request. Trying to catch up on school work while maintain 32+ hours of full time at a job. Taking 10-15 minute walks when I get home from work.
- Week 13: Nearing the end of the course but doing a lot of reflecting on outcomes and change in project goals and habits. Still taking walks around the block. Working on major projects.

Changes from Plan

1. Loss of original job and gained a new job that didn't quite fit into semester plans but thankful I was able to find a job.
2. New habit of walking around the block by myself instead of with my buddy where we had planned the habit.
3. New budget with a discount that encourages buying healthy food.
4. Journaling and Reflecting on each weeks practices
5. I was able to completely cut out soda except on rare occasions.

Future Plans & Reflection

1. I am planning on continuing to walk around the block and when places open up again to walk the beach or park I plan on going for longer walks.
2. Continue to eat portion managed meals as best I can and to find healthy recipes for two instead of a family. Also attempting to expand my taste in food.
3. Keeping in contact with someone to keep me accountable for my actions.
4. Reflection: I think the over the course of the semester there were several small changes and a few big changes that either helped in ways while hurting in others. Each person can see these things differently.

What were some of the definitions that you came up with in your answers to my initial question?

- I would like someone to share their answer with the group at this time.