**Sport and health, FKKT, UL Name and surname:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Write a general assessment of your lifestyle (diet, sleep, relaxation, physical activity, vices) in terms of the health recommendations you know. Use an emoji to mark your current feeling.**

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| --- | --- |
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**Write down the lifestyle change goals you would like to achieve in 4 weeks:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **A goal that I will achieve in 4 weeks.** | **Intervention - what will you do for it in week 1?** | **Intervention - what will you do for it in week 2?** | **Intervention - what will you do for it in week 3?** | **Intervention - what will you do for it in week 4?** |
| **For me, the most important thing is:** |  |  |  |  |  |
| **Food and fluids:** |  |  |  |  |  |
| **Sleep:** |  |  |  |  |  |
| **Relaxation:** |  |  |  |  |  |
| **Physical activity** |  |  |  |  |  |
| **Sitting:** |  |  |  |  |  |
| **Vices/risky health behaviors/peculiarities:** |  |  |  |  |  |

By signing, I undertake to achieve the goals I have set for myself within 4 weeks: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Write the data for the measurements:

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Date of measurement | Resting heart rate  (in ft/min) | Body weight (in kg) | Waist circumference (in cm) | Hip circumference (in cm) | Abdominal circumference (in cm) | Mobility – sitting forward (in cm) | Movement quality – FMS squat (1-3) | Aerobic endurance –\_\_\_\_\_\_\_\_\_\_ (write the test) | Trunk strength –\_\_\_\_\_\_\_\_\_\_ (write the test) | Trunk strength –\_\_\_\_\_\_\_\_\_\_ (write the test) | Trunk strength –\_\_\_\_\_\_\_\_\_\_ (write the test) |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |

Write a reflection / diary / observation related to the achievement of personal goals (what you did, changed, achieved...) in the past week. Show how you feel with an emoji.

|  |  |  |  |
| --- | --- | --- | --- |
| Week 1 | Week 2 | Week 3 | Week 4 |
|  |  |  |  |
|  |  |  |  |