**KIN 010- MIDTERM PROJECT**

1. Compose **Two SMART GOALS** that you want to accomplish in regards to your health and fitness

(1st Ed.p.50; 2nd Ed.p.66):

* 1. Short-Term Goal:
  2. Long-Term Goal:

1. Create **Two Action Steps** you can take for each of your goals:
   1. Short-Term Goal Actions:
      1. One:
      2. Two:
   2. Long-Term Goal Actions:
      1. One:
      2. Two:
2. Create a **Decisional Balance Sheet** that goes along with your goals and actions (1st Ed.p.52; 2nd Ed.p.65):
3. Create a **Sample Activity Plan** of what you will log on your activities (1st Ed.p.55; 2nd Ed.p.73):
4. Figure out how many **calories you need to consume daily**, as well as how much you need to consume from **carbohydrates, proteins, fats**, and **water** (1st Ed.pgs.61-75; 2nd Ed.pgs.41-58):
   1. Desired Weight:
   2. Calories:
   3. Carbohydrates:
   4. Proteins:
   5. Fats:
   6. Water:
5. Create a **One-day Healthy Sample Meal Plan** for **yourself** (breakfast, snacks, lunch, dinner):