



“Building a Better You” Project

of Participants: 1 Prepared By: Denice Stanforth, CFCS Chapter: Hillsborough High School State: FL

Overview & Purpose	
Power of One is an individual activity/project that students create to reach a personal goal. Use this as an independent activity students can complete on their own.	
Activity Goals & Objectives	Through the FCCLA Planning Process, students will be able to complete the Power of One unit: “A Better You.”
Materials Needed	<ul style="list-style-type: none"> • Paper • Pen • FCCLA Planning Process • Journal packet (in composition notebook, on looseleaf, etc.) • Photo release form(signed) • Poster board • Copy of rubric (will need to be created)
Activity Timeframe	Varies
Information (Give and/or demonstrate necessary information)	<p>Students begin by checking the projects that interest them:</p> <ul style="list-style-type: none"> -Maintain or lose weight by following a balanced eating plan such as DASH or the revised Food Guide Pyramid -Follow an exercise program that meets the requirements for the 2005 Dietary Guidelines -Learn a defense method to protect yourself against attackers -Learn how to manage stress and apply those techniques to your daily life -Learn how to get along better with classmates -Improve grades in one of your classes -Set-up and use a personal schedule planner -Other ideas approved by your teacher

Activity

(Describe the independent activity to reinforce this lesson)

Identify a Concern (10 Points)

Answer the following questions using complete sentences:

1. Which project ideas deal with concerns that are most important to me?
2. Which could lead to an in-depth project?
3. Which can be finished in the time available?

Set a Goal (5 points)

Here's what I hope to accomplish:

By____, I will improve_____.

By:_____.

Form a Plan (15 points)

Use complete sentences to answer the questions below. Then using your answers to the questions, write a description of your project plan. The description should follow (Florida Comprehensive Assessment Test- or you own state's test) for writing.

1. Who will be involved?
2. What will I need to complete my project?
3. When will this take place?
4. Where will I complete my project?
5. How will I complete my project?

Proposed Project Checklist

Share this checklist with your teacher before starting your project

1. Is the goal realistic for the available time?
2. Is it an in-depth project?
3. Is the project related to the class topic?
4. Is gte student assuming full responsibility?
5. Is the project plan complete and clearly stated?
6. Will the project be the work of one individual?
7. Are the planned activities meaningful and significant to the project?

Act (30 points)

Documentation of your actions taken to complete the project must include the following two items:

-Journal Entries

-Poster

Below are some examples of items that could be included on the poster:

Copies of Journal entries

Weight loss documentation

Food diary

Typed exercise routine

Pictures before and after results

Copies of planner pages

Interview results

Progress reports

<p>Activity Wrap-up (Discuss outcomes, give examples...)</p>	<p>Follow-Up (15 points) Write a report using your answers from the following questions. Report should follow your state's writing guidelines.</p> <ol style="list-style-type: none"> 1. What did you learn? 2. What were the most successful parts of your project? 3. Why do you feel they were the most successful parts? 4. What would you change if you repeated the project?
<p>Other Resources</p>	<p>http://www.mypyramid.gov/ http://www.cdc.gov/HealthyYouth/nutrition/index.htm http://www.health.gov/DietaryGuidelines/</p>
<p>Additional Notes</p>	
<p>Source (If Applicable)</p>	

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Submit activity to Nicolle DiPasquale, Program Coordinator, by email ndipasquale@fcclainc.org.