



## **Self-care and Impact on Personal Health and Energy**

**Principal Name:** Jeff Hoog

**School Name:** Brooks School Elementary

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### **Background Leading to My Inquiry (Slide 2)**

As a principal, husband, and father of two boys who are heavily involved in extra-curricular activities, my primary focus during the first semester of the school year was on work and family and I was not taking care of myself very well. As a result, I found myself lacking sleep, lacking energy, and putting on additional weight.

### **The Purpose of My Inquiry (Slide 3)**

The purpose of my action research was to intentionally focus on self-care in order to positively impact my overall health and energy levels.

### **My Wondering (Slide 4)**

With this purpose, I wondered if intentionally focusing on taking better care of myself would positively impact my overall health and also lead to feeling higher levels of energy on a daily basis.

### **My Actions (Slide 5)**

On a daily basis, I began to record the following:

- Hours of sleep per night
  - My goal was to get a minimum of 7 hours of sleep per night.
- Number of steps taken per day
  - My goal was to get a minimum of 10,000 steps per day as measured by my Apple Watch.
- Number of exercise minutes per day
  - My goal was to get a minimum of 30 minutes of exercise per day as measured by my Apple Watch.
- Hours of fasting per day
  - My goal was to do a 16:8 fast each day. I would fast 16 hours each day.
- Weight each day
  - My goal was to decrease my weight by 8% in 10 weeks, from January 6, 2020 to March 16, 2020.
- Energy level at 6:00 p.m. each day.
  - My goal was to document my energy level at High, Average, or Low.

### Data Collection (Slide 6)

- Each day, I collected data under the following categories, beginning January 6, 2020 and ending March 16, 2020.

Date	Hours of Sleep	Hours of Fasting	Number of Steps	Weight	Energy Level	Exercise Minutes
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### My Data (Slides 7)

For the ten-week period of my action research project, I collected the following data:

Average Hours of Sleep Per Night	Average Hours of Fasting	Average Number of Steps	Percentage of Weight Loss	Number of Days at Each Energy Level	Average Number of Exercise Minutes
7:47	15.9	9,247	5%	High: 32 Average: 24 Low: 15	27:23

Energy Levels	Average Hours of Sleep Per Night	Average Hours of Fasting	Average Number of Steps	Average Number of Exercise Minutes
High	8:28	16	10,033	43
Average	7:32	16	7,528	15
Low	6:10	16	6,988	14

### My Discoveries (Slide 8)

- Learning Statement One:
  - On average, when I got 7.5 to 8.0 hours of sleep each night, I maintained higher energy levels throughout the upcoming day.
- Learning Statement Two:
  - When my energy level was high, I found that my average number of steps and exercise minutes per day were also much higher than when energy levels were average or low.
- Learning Statement Three:
  - I lost 5% of my body weight during the window of time the action research process took place.

### Where I Am Heading Next (Slide 9)

- I will continue to monitor hours of sleep with a goal of at least 7 hours per night.
- I will continue to exercise daily with the goal of 12,000 or more steps per day.
- I plan to incorporate running with walking to achieve desired number of steps per day.
- I plan to acquire a gym membership to support strength training a few days per week.
- I will attempt to exercise in the morning, hoping to positively impact energy levels throughout the entire day.
- I will continue intermittent fasting plan of 16-8.
- I will begin a 3-month Keto diet plan.
- I plan to monitor various blood panel levels through quarterly assessments for the next year.

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Jeff Hoog

Principal, Brooks School Elementary

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