



Running on Empty: Moving from 0 to 100 (ounces)

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School Name: Portage High School

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Background Leading to My Inquiry (Slide 2)

Over the past 20 years, maintaining an active lifestyle and focusing on healthy nutritional habits have been a large part of my life. Throughout this time, I was able to combat my genetics, allowing me to be the only member of my family who was not suffering from high blood pressure, high cholesterol, sleep disturbances and even anxiety. However, within the last two years (2018-2020), I have been neglecting my health due to the time constraints associated with my new position as a school administrator.

As a school administrator, we are often viewed as the “jack of all trades.” This job description appears to fit the view from teachers, staff, community members, parents, and students. While we in the profession don’t shy away from these responsibilities, we often place too much on our shoulders to complete in a normal 8, 10, or even 12 hour day. Long work days become long work weeks. Long work weeks turn into long work weekends, and before you know it---our self-care has become a secondary priority. As I have embraced my role as Associate Principal, my physical health has declined. For instance, I collected data from 11/04/2019 - 11/12/2019 and noted that I did not consume any water and/or liquids from 5:30am - 6:00pm. I also logged that I have not exercised since 07/17/2019. Furthermore, within the last two years, I have been taking medication for blood pressure, diagnosed with high cholesterol, disruptive sleep patterns, and I have been lethargic whenever I am not “on the clock.”

The Purpose of My Inquiry (Slide 3)

Therefore, the purpose of my action inquiry was to observe how my overall health and wellness improves by purposefully exercising three days a week as well tracking my water consumption (Goal: 100oz/daily).

My Wondering (Slide 4)

With this purpose, I wondered if monitoring/tracking my water consumption and increasing my physical activity would increase my energy, improve my sleep routine, and lower my blood pressure and cholesterol. While I was “on my ‘A’ game” while at work, there is no question that my capacity for being a fully present dad and husband took a hit as my “gas tank” was always on empty when I got home.

My Actions (Slide 5)

To gain the best insights into my wondering, I tracked and monitored my water consumption to help with my own personal accountability. I also began tracking both my physical activity and sleep patterns using my Apple watch. The following were sequential actions I took to collect data and implement change:

- Evaluate current health issues
 - Quantitative: Blood pressure readings, hours of sleep, hours of exercise
 - Qualitative: How I feel
- Purchased fitness/tracking tools
 - Treadmill
 - Hidrate bottle (<https://hidratespark.com/products/black-hidrate-spark-3>)
 - Downloaded iOS application (AutoSleep and Hidrate)
- Scheduled times for exercise in conjunction with my work and family schedule
- Collected data throughout the AR process

Data Collection (Slide 6)

I planned on and/or collected the following data:

- Exercise: Apple watch collected movement data. I also tracked physical activity data using a written running calendar.
- Blood pressure: Visits to the health clinic
- Water intake: Hidrate bottle measured water consumption in ounces per day
- Sleep: Hours of quality sleep: AutoSleep configured hours of quality sleep when Apple watch was worn
- Cholesterol: I was not able to collect this data as originally planned
- Reflection survey: Pre and post

Timeline: 11/04/2019 - 03/13/2020

My Data (Slides 7 - 11)

Quantitative data: Exercise, blood pressure, water intake, sleep (data error), cholesterol (n/a)

Qualitative data: Survey summary

My Discoveries (Slide 12)

- Learning Statement One: Water consumption alleviated several minor physiological issues.
- Learning Statement Two: Even with purposeful planning---there are still only 24 hours in one day.
- Learning Statement Three: Creating a new habit takes deliberate planning with an accountability system.

Learning Statement One: I did not realize how much I had begun to neglect basic physiological needs until I consciously observed my water intake between 11/04/2019 - 11/12/2019. Over this period, the only liquid I consumed was before 5:30am and after 6:00pm. What makes matters worse, the only fluids I was putting in my body consisted of coffee and Diet Pepsi. To fulfill my goal, I purchased a Hidrate water bottle for both my wife and myself to track daily water intake. Using a smartphone application, I was able to set a daily goal of 100 ounces while also being able to compete against my wife. Between 11/13/2019 and 12/22/2019, I was able to successfully consume 100 ounces of water each and every day. During this time, I was able to document a decrease in my blood pressure as well as some other minor benefits. More specifically, I was having ongoing muscle spasms/twitches under my left eyelid for several months. I had previously inferred that this was caused as a physiological response to stress, however, after nearly 72 hours of consistent water intake, the spasms were eradicated.

Learning Statement Two: I often put the needs of my family and the responsibilities of the job ahead of my personal wellness routines. As a second year administrator, transitioning into the new role of associate principal, I had a lot of learning to do---and a myriad of additional responsibilities. Within these last two years, I struggled with working anything less than a 12-14 hour work day. Additionally, I am a husband and a father to seven children. With my time already limited at home---I felt that it was selfish of me to take an additional 30-60 minutes several days a week to exercise alone. I learned very quickly that I was trying to fit 27-30 hours of “wants and needs” within the scope of a 24 hour day. Needless to say, a lot has been put in perspective since March 16th, 2020 (Covid-19 quarantine) which will be further addressed in “Where I am Heading Next.”

Learning Statement Three: As I had time to reflect, the data I tracked from 11/04/2019 - 11/12/2019 would have been consistent within the time span of 08/10/2018 - 11/03/2019. The moment I became a school administrator, I knew I wanted to be a “change agent.” My drive for professional perfection superseded my instinctual drive for self-care. Within the first 14 months of school administration, I had developed habits which had started to negatively affect me physically, socially, and mentally/emotionally. Creating a “new” habit took deliberate planning and accountability. The accountability stemmed from the newly purchased technology/tools, IPLI cohort group, professional colleagues at work, and even my wife. From 11/13/2019 - 12/22/2019, I was doing a tremendous job of running on the treadmill 3-5 days a week, drinking 100 ounces of water daily, charging my watch before sleep to collect sleep data, jumping on the scale weekly, and even monitoring my blood pressure with our school nurse. However,

Christmas break happened. My routine was changed, those who were holding me accountable were now with their families, and I decided to “relax” over the two week vacation. On January 6, 2020, school resumed, however, the “new” norm I created the month prior had dissolved as I began slipping into the habits I had known within the initial 14 months of school administration. While this setback was not planned nor ideal, it became very important for my personal growth and reflection. Adding to the notion that leaders need to ensure the implementation of priorities by consistently monitoring these priorities---and in this particular instance, self-care (Schmoker, 2011).

Where I Am Heading Next (Slide 13)

As a former science teacher, I was very comfortable with the AR process. The most prominent difference was that I became the independent variable throughout the research. With me being the focal point, I was forced to become reflective both personally and professionally. The professional reflection introduced me to the notion of several leadership skills to add to my capacity as a building leader.

This learning process shed a light to the importance of building meaningful collegial relationships. These relationships, when fostered with trust---are an integral part of personal and professional accountability targeted towards a determined goal. In my personal scenario, I included several teachers, secretaries, administrators, family, and my cohort group as a team to hold me accountable. Although the goal throughout the Action Research project was primarily centered around simply drinking water and exercising---it did open my eyes to the necessity of having a strong and dependable team to help implement school-based change through initiatives and programming.

Overall, the Action Research project presented two conclusions for my self-growth. First, the data I collected provided evidence to the importance of exercise and hydration. Not only did I begin to feel better physiologically---I also felt an increase of self-satisfaction and confidence stemming from my deliberate actions towards self improvement. Lastly, as I have previously mentioned, it takes time and consistency to break and/or change habits. In this case, the habits were self-induced, however, this learning will certainly be used in action as our administrative team looks forward to changing the climate and culture of our school building. Additionally, focusing on self-care will allow me to be the best version of myself---enhancing my capability towards achieving this goal.

Bibliography (Slide 14)

Schmoker, M. (2011). *Focus: Elevating the essentials*. Alexandria, VA: ASCD.

Citing Your Presentation and Publication

Presentation

Jones, B. (2020). Running on empty: Moving from 0 to 100. Presented at the annual Indiana Principal Leadership Institute Action Research Showcase, Indianapolis, IN.

Publication

Jones, B. (2020). Running on empty: Moving from 0 to 100. Retrieved from <https://indianapli.org/ar-topics/year-1/>

The background of the slide is a large, faded, light-colored illustration of a tiger's face, showing its eyes, nose, and stripes. The tiger is looking towards the left of the frame.

Running on Empty:

Moving from 0 to 100

Portage High School

Brian A. Jones

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Background Leading to this Inquiry

- Physical activity and fitness defined me...
- Genetics vs. Brian A. Jones
- Professional career > Personal health

Purpose of My Inquiry

Therefore, the purpose of my action inquiry was to observe how my overall health and wellness improves by purposefully exercising three days a week as well tracking my water consumption.

My Wondering

With this purpose, I wondered if monitoring/tracking my water consumption and increasing my physical activity would increase my energy, improve my sleep routine, and lower my blood pressure and cholesterol. While I was “on my ‘A’ game” at work, there is no question that my capacity for being a fully present dad and husband took a hit as my “gas tank” was always on empty when I got home.

My Actions

To gain the best insights into my wondering, I tracked and monitored my water consumption to help with my own personal accountability. I also began tracking both my physical activity and sleep patterns using my Apple watch. The following were sequential actions I took to collect data and implement change:

- *Evaluate current health issues*
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- Cholesterol: I was not able to collect this data as originally planned
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My Data: Exercise

Goal: Exercise three days a week

- 11/13/2019 – 01/19/2020
 - Goal was achieved
- 01/20/2020 – 03/13/2020
 - Did not achieve goal

Hal Higdon's 5 K Training Program

5-K Training: Novice

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Dec 1 2	1.37mi Rest or run/walk ✓ JB	2.63 1.5 m run ✓ JB	2m Rest or run/walk ✓ JB	1.5 m run ✓ JB	2.5mi Rest ✓ JB	3.4mi 1.5 m run ✓ JB	30-60 min walk move to Monday
Dec 2 9	1.75m Rest or run/walk ✓ JB	2.25m 1.75 m run ✓ JB	Rest or run/walk —	1.85mi 1.5 m run ✓ JB	Rest —	2.5mi 1.75 m run ✓ JB	35-60 min walk move to Monday
Dec 3 16	2.75mi Rest or run/walk ✓ JB	2.75 2 mi run ✓ JB	Rest or run/walk ✓ JB	1.98mi 1.5 m run ✓ JB	Rest —	2 MI run ✓ JB	40-60 min walk
Dec 4 23	Rest or run/walk —	2.25 m run —	Rest or run/walk —	1.5 m run —	Rest —	2.25 m run —	45-60 min walk
Dec 5 30	2.25 Rest or run/walk ✓ JB	2.5 m run ✓ JB	Rest or run/walk —	2.19 2 m run ✓ JB	1 mile Rest —	2.25 2.5 m run ✓ JB	50-60 min walk Huet
Jan 6 6	Rest or run/walk —	2.75 2.75 m run ✓ JB	Rest or run/walk —	2.25 2 m run ✓ JB	Rest —	3mi 2.75 m run ✓ JB	more to Monday 55-60 min walk
Jan 7 13	2.38mi Rest or run/walk ✓ JB	3m run ✓ JB	Rest or run/walk —	2mi 2 m run ✓ JB	Rest —	3mi run Huet	1 mile rest 60 min walk 7.22
Jan 8 20	2.5mi Rest or run/walk ✓ JB	3 m run ✓ JB	Rest or run/walk —	2 m run —	Rest —	Rest —	5-K Race

My Data: Water intake



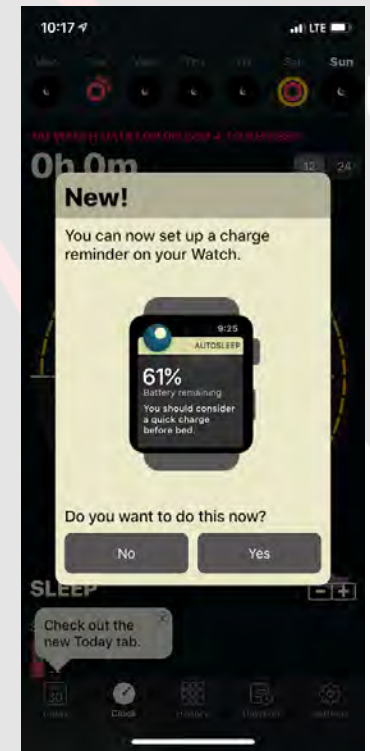
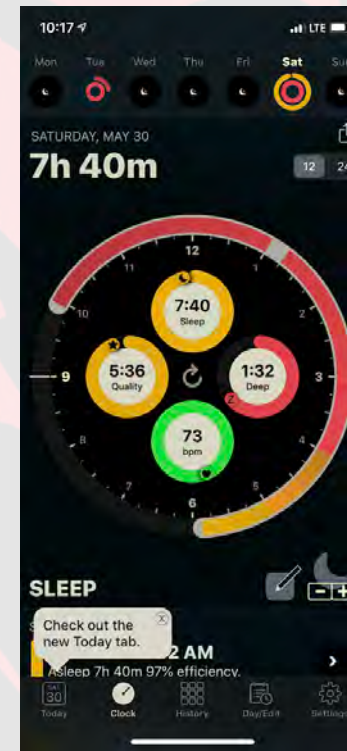
My Data: Blood Pressure

- Blood pressure became more regulated
 - BP medication dosage remained the same
 - “Hydration lowered blood viscosity”



My Data: Sleep and Cholesterol

- Sleep
 - Trial version of iOS app didn't store long term data
 - Apple watch battery would often need to be charged at night
- Cholesterol
 - Time did not accommodate for data collection



My Data: Reflection Survey

Colleague- Survey: Pre AR	Colleague- Survey: AR
<ul style="list-style-type: none">• "Driven"• "Always moving at 100mph"• "Do you sleep here?"	<ul style="list-style-type: none">• Feedback stayed consistent
Personal- Survey: Pre AR	Personal- Survey: AR
<ul style="list-style-type: none">• Tired/Sluggish• Eyelid spasms• Noticed a temporal vein appear throughout the day	<ul style="list-style-type: none">• Still tired but not as sluggish• Eyelid spasm stopped• Felt more confident• Felt more productive• Bathroom frequency- Every 10-20 minutes

My Discoveries

- ***Learning Statement One:*** Water consumption alleviated several minor physiological issues.
- ***Learning Statement Two:*** Even with purposeful planning---there are still only 24 hours in one day.
- ***Learning Statement Three:*** Creating a new habit takes deliberate planning with an accountability system.

Where am I heading next?

- Lifelong learning – Continued growth
- Understanding the importance of building meaningful collegial relationships
- Developing and maintaining an accountability system/team
- Self-care will allow me to be a better version of myself

Bibliography

- Schmoker, M. (2011). *Focus: Elevating the essentials*. Alexandria, VA: ASCD.