

# Walking the Plank

BROWNSTOWN CENTRAL HIGH SCHOOL

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**IPLI Cohort 9**  
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# Background

We have all heard of the Freshman 15 weight gain in college. I am now a member of the Pandemic 15. I have dress pants that I have worn for over 10 years that have always fit (until the pandemic).



# Purpose

From Wikipedia, the free encyclopedia

**Exercise** is any [bodily](#) activity that enhances or maintains [physical fitness](#) and overall [health](#) and wellness.

I have played sports and exercised for 30+ years. I always feel better after I exercise and feel it improves my well-being and mental health. I now have a teenage son who plays three sports that takes up a lot of evening time that I could exercise. Work is also as busy as it has ever been. Our family dinners have been a lot more fast food as we are on the go or just want time to relax. And lastly, with age, my metabolism has slowed down. The purpose of this inquiry is to simply be a little selfish and take time for myself.

# Wondering

In what ways might I utilize my personal time to be my best self?



# Actions

Daily Actions - 40+ minutes of walking the dog/3 one minute planks.

Starting January 1, 2022:

Walk my dog 40+ minutes a day

Three - one minute planks a day



# Data Collection

Daily Spreadsheet to track 40+ minute walk every day and 3 planks per day.

## My Data

[Daily Exercise Tracker](#)

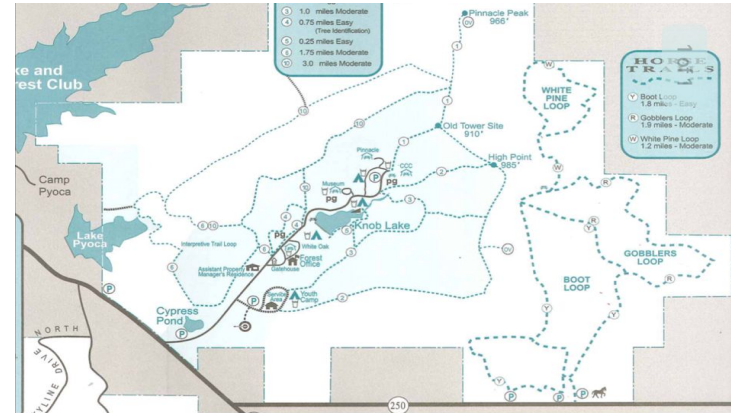
# Data Collection

I ask my secretaries on a daily basis to rate my mood. Many times I walk through the office and they hold up a sign to indicate my mood. I also kept a daily calendar to rate my day and made some brief journal comments.



# My Discoveries

Every day after work, I look forward to going home and being greeted by my dog who is excited to see me. My dog knows exactly what time I come home and he his ready to go for a walk (rain/snow/sunshine). The daily walks allow me time to unwind and clear my mind. The walks also allow me to get some exercise and some 'me' time. I always feel much better after a long walk.





# My Discoveries

Since January... We have only seen 1 snake, 1 skunk and had 2 ticks. Last summer, my dog was skunk sprayed 4 times at our local golf course.



## Next Steps

The plan is to continue to walk my dog and try to increase the duration of the walks in the summer months. I also plan to start a beach body exercise program to help lose some of those difficult pounds. I also play a lot of golf and plan to walk and carry my clubs more and not try to use a golf cart as much. The final step would be to start eating healthier and less fast food.





## WALKING THE PLANK

**Principal Name:** Joe Sheffer

**School Name:** Brownstown Central High School

**Principal's Email Contact:** jsheffer@btownccs.k12.in.us

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

Outline what led you to this particular inquiry. Include the following:

- Pandemic 15 weight gain
- I have had dress pants that I have worn for over 10 years that no longer fit properly

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

Therefore, the purpose of my action inquiry was to set aside time to exercise on a daily basis.

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

With this purpose, I wondered in what ways I might utilize my personal time to be my best self.

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

Daily Actions – 40+ minutes of walking the dog/3 one minute planks per day. Starting January 1 and go for three + months.

### **Data Collection (Slide 6)**

Daily spreadsheet to track 40+ minute walk every day and 3 planks per day.

### **My Data (Slides 7)**

I ask my secretaries on a daily basis to rate my mood. Many time I walk through the office and they hold up a sign to indicate my mood.

I also kept a daily calendar to rate my day and made some brief journal comments.

I took weekly pictures of me on the weight scale.

### **My Discoveries (Slide 8)**

Every day after work, I look forward to going home and being greeted by my dog that is excited to me. My dog knows exactly what time I come home and he is ready to go for a walk (rain/snow/sunshine). The daily walks allow me time to unwind and clear my mind. The walks also allow me to get some exercise and some 'me' time. I always feel better after a walk.

- Learning Statement One: I feel better every day after a 40+ minute walk with my dog
- Learning Statement Two: I turn school off during that time (no checking emails)
- Learning Statement Three: The walks with my dog help me unwind after a work day

### **My Discoveries (Slide 9)**

Since January... We have seen 1 snake, 1 skunk and had two ticks. Last summer, my dog was skunk sprayed 4 times at our local golf course.

### **Where I Am Heading Next (Slide 10)**

The plan is to continue to walk my dog and try to increase the duration of the walks in the summer months. I also plan to start a beach body exercise program to help lose some of those difficult pounds. I also plan to walk and carry my clubs more and not try to use a golf cart as much.