

Chapter 13: Assignment

Building Your Physical Foundation

Objective: This assignment will guide you in evaluating and improving your current health and fitness habits. By the end, you'll identify areas to improve, set actionable goals, and create a realistic plan to align your body and mind for a life of energy and focus.

Instructions:

1. Evaluate Your Current Health and Fitness Habits

- Take a moment to reflect on your current fitness and nutrition routines. In a few sentences, answer the following:
 - How often are you physically active, and what types of exercise do you do?
 - What does a typical day of eating look like? Are you eating foods that fuel your body?
 - How much sleep are you getting, and how rested do you feel each day?
 - Be honest with yourself. This is a chance to recognize where you're thriving and where you might need improvement.
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2. Set SMART Goals for Health and Fitness

- Using the SMART goal framework (specific, measurable, achievable, relevant, time-bound), set three realistic health and fitness goals. Examples could include the following:
 - **Exercise:** "I will work out for at least thirty minutes four times a week, focusing on both strength and cardio."

- **Nutrition:** “I will eat at least three servings of vegetables each day for the next month.”
- **Sleep:** “I will create a nighttime routine to ensure I get at least seven hours of sleep each night for the next thirty days.”
- Write down these goals and make them visible to keep yourself accountable.

3. Create a Weekly Action Plan

- For each of the SMART goals above, write down what specific actions you’ll take each week to stay on track.
- For example:
 - **Exercise Goal:** Schedule your workout days and decide on the type of workout in advance.
 - **Nutrition Goal:** Plan meals/grocery lists focused on nutrient-dense foods.
 - **Sleep Goal:** Set an evening routine that limits screen time and encourages relaxation.
- Document your plan for each week to ensure consistent progress.

Outcome: By completing this assignment, you'll gain a clear understanding of your current habits, set realistic goals to improve your health, and establish a plan to fuel your body for success. Taking control of your physical foundation is essential for embodying the Ranger Mindset and achieving long-term goals with energy and resilience.

Additional Space

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