Criterion A

1. Planning

1.1. Background

Choosing my Personal Project idea took work, especially for the first month. I had a few ideas, a lot of them very ambitious. I chose an idea out of my capabilities, which I did not know then. After a month and help from my parents, I was able to make up my mind on an idea that I would be interested in, fun, and an idea that I could learn a lot from. I was always interested in sports and fitness; I knew this project would fit me a lot. I usually participated in school sports clubs, like volleyball or track and field. I have even participated in a cross-fit club; this idea I was creating would fit me and bring me back to the old days when I had done many sports. I was in lockdown in a country where we could not leave the house. I became very underweight. After moving countries, especially without my parents since I had to start school again, I had to live with my grandma for a while. Like every grandma, she fed me a lot, which resulted in me gaining more mass fat than muscle. When I moved here, I also have not participated in any physical activity like I used to. I took this opportunity to challenge myself, get back in my groove, and conduct a so-called experiment. This experiment has put me on a six-week "healthy lifestyle" (as I call it), which meant eating healthy and doing fitness activities almost daily.

Eating healthy meant I had to follow a strict diet closely made by a dietitian. I was planning to make a meal plan. Still, we decided that it would have been too hard to follow that, so we decided to eat healthily based on guidelines that were introduced to me after having interviews with dietitians and personal trainers. The meetings with the dietitians also allowed me to test my muscle weight and percentage, the circumference of my muscles, etc.; this allowed me to see what muscle groups I should work on to improve to have my body balanced. After six weeks, I would compare the results and reflect on them. After completing this healthy lifestyle and comparing the results, I reflected on this experience. I created a booklet with all the information regarding my diet and workout plan and my own experience doing this healthy lifestyle. I could share this booklet with my peers and people interested in doing something similar. My target audience was/are athletes, such as my rowing club teammates with whom I shared my booklet.

1.2. Learning goal

For my learning goal, I have wanted a goal that I can measure my success with. Therefore, I have created this learning goal: "To learn how to become a healthier version of myself, through research and "experiments" on myself to figure out what's a good way of staying healthy and in shape." I would be able to measure the success of my goal, "learn how to become healthier," by doing this "experiment" on myself. As I mentioned, this so-called experiment puts me on a 6-week healthy eating and exercising journey. I will use my findings (research – Interviews, books, and trusted sources) to create this six-week healthy lifestyle. Before starting the six-week healthy lifestyle, I will analyze my body composition using InBody. "The Inbody uses bioelectrical impedance to measure your muscle mass, your fat mass, and give you a better understanding of your body composition." (Rice). After the six-week healthy lifestyle, I will do the Body analysis again to compare the before and after results to see if there was a positive change. If I can see a positive difference in the InBody results after it, it will mean I have used the information I learned well to create this healthy lifestyle.

As ATL skills guide me and help me complete my goals, I have chosen the research ATL skill. I can explore My hobbies through research, learn something new, improve my problem-solving abilities, and present myself with fresh challenges. The research fits my goal the best as the core idea of my learning goal is to do research and later apply it. The research ATL skill will guide me to conduct proper and adequate research, leading the way to create my product.

1.3. Product goal

My product goal for my Personal Project is to create a strict diet and fitness plan with the help of experts and extensive research. To learn more about having a healthy lifestyle, I will improve my learning through a so-called "experiment," which I will conduct on myself. I will analyze the results of this experiment and present my findings on what did not work for me, present my healthy lifestyle plan and suggest ideas to others who would like to do something similar through a booklet. The product for my Personal Project is the booklet. The booklet consists of the finalized version of my healthy lifestyle (the meal plan and suggestions, with the exercise plans). It consists of the before and after results of the Body Analysis to give the audience an idea of what they could achieve and my personal experience with a healthy lifestyle with a few tips.

Additionally, I wanted to spread awareness of the importance of staying healthy. Communication is the ATL skill I have chosen to help me achieve the product goal. This ATL skill enables me to connect with people and share my needs and experiences. Communication supports relationship building in daily life. The core of existence is the ability to communicate thoughts, share information, and express emotions. The communication ATL skill will guide me in completing my product goal, helping me communicate everything I have learned while doing this healthy lifestyle and spreading awareness.

1.4. Global Context

The global contexts offered me a common language for effective contextual learning by defining particular settings, occasions, or circumstances. The global context I chose for my Personal Project is Identities and Relationships. I have chosen this global context because it is concerned with exploring identities; physical, mental, and personal health. I have chosen this global context as it would guide me through my work on the Project. My Personal Project best fits this global context as it explores physical and personal health. It will guide me to accomplish my learning and product goals, as both are about physical health. This global context asks the question, Who am I? And Who are we? It fits my Project the best as I am trying to improve and challenge myself to become a better version. I will be able to explore my inner capabilities to overcome challenges through this process.

1.5. Action Plan

The action plan was an essential part of the Personal Project. I never used to create action plans and have never seen the real benefit of creating one. The action plan I created benefited me, as I followed it every day to see what I had to do to stay on the timeline I set. Action plans are helpful since they provide a framework for considering how I will carry out a project successfully. They assist me in completing tasks in a logical sequence and ensure I do not skip any crucial phases. I created this action plan with every key thing I had to do to accomplish my goals and the project. I have created this action plan with a reflection part. It is where I can reflect on what I have done and the ATL skill of Time Management, which is an integral part of planning the work I will do for a few months.

Timeline	Tasks	ATL Skills	Reflections
November	• Start having meetings with my supervisor who will guide me (discuss project and share ideas) • Write down details from the meetings in managebac	Thinking: Creative and critical	I have completed most tasks on time except finding all experts that I can

		Research	talk to. Postponing this I believe wont effect my project, as I'm finalizing my research in December. Overall, I believe this month went well.
	• Add learning and product goal on managebac • Create the new Personal Project idea • Create my Success Criteria • Create my Action Plan • Regularly add entries to managebac which will give evidence of my work (once a week) • Find experts that I can talk to that are in the space of fitness. • Start basic research to learn more about the topic	Self-management: Organization	
December	• Start deep research about my topic and prepare my healthy lifestyle plan, have this done by the end of the month • Keep adding evidence to the journal in managebac • Talk to the professionals/experts (My mom – fitness couch, My supervisor – PHE teacher, Dietitian – Dagmara Jez) • Get the required equipment to perform the tests on myself (scale), as well as a gym membership which I will be attending to exercise • Research statistic on how well my age group performs exercises to rank myself based on that scale	Research Self-management: Organization Communication: interactive skills	I have done everything I was supposed to do for this month. I have not gotten the scale, as I will be using a scale at the dietitians' office.
January	• Start following the plan, following the day by day plan I have created • At the end of every day, on my journal write how I feel (mood, tiredness, etc.) • Record videos and take pictures as evidence for following my plan and upload them to the journal everyday • Every two weeks reperform the tests to see how I'm performing and take notes • Have more meetings with my supervisor about my Personal Project • Start preparing for the PP-Mini pitch • Add entries to my journal on managebac	Self-management: Organization, Affective skills Communication	I have started doing a healthy lifestyle. I have finished everything that was planned for this month, except reperforming the tests to see how I'm performing.
February	• Finish my "healthy lifestyle" • Start writing my Personal Project report and the booklet that will represent my findings as the final PP product • Have the PP-Mini pitch – to practice presentation skills before the exhibition • Have more meetings with the supervisor • Keep adding entries in the journal in managebac	Self-Management: Organization Communication: Interactive and language skills Social: collaboration	I have finished the healthy lifestyle, done the mini-pitch, and finished everything else for this month.

March	• Complete the final product/outcome • Finish writing the PP report	Self-management: Organization	Finished everything before time.
		Communication: Language skills	
March 13th	• Hand in the draft version of the report to the supervisor in a printed form	Self-management: Organization	I handed in the draft.
March 24th	• Hand in the final version of all the required documents (Report, Academic Honesty form, and cover sheet)	Self-management: Organization	I handed in everything.
March 27th – 31st	• Set up Personal Project exhibition (exact date – to be determined) • Create a presentation and a poster to allow the students to see my work • Present my work to parents and students	Self-management: Organization Communication Social	The date for the exhibition is the 28th. I have created everything I need for it.

1.5.1. Changes to the Action Plan

As always, something new might come up in life, like date changes for the draft's due date or the report's final version. I had to change the draft dates from the 6th to the 13th, as the school has decided to change that. Sometimes there was more work I had to do, which I did not know about before creating my action plan, so I had to add this extra work to my action plan so I would know when to complete everything I had to do.

1.6. Success Criteria

The evaluation of a project after completion is based on project success criteria. Choosing the appropriate criteria enabled me to assess the success of my project. Seeing what I succeeded in could also help shape future projects I will be working on. While creating my success criteria, I have followed the SMART goals system, which allows my goals to be Specific, Measurable, Achievable, Relevant, and Time-Bound. The SMART goals help me push myself further, giving me a direction to follow and organize and making my goals easily. Using SMART goals for my success criteria increases the chances of my being able to succeed.

Global Context: Identities and relationships				
Criteria	Poor	Adequate	Fair	Excellent
Interviews with experts	No experts found to have an interview with. No interviews conducted with anyone. Meaning no Primary source used to show a good use of the research skill.	At least one interview was conducted with an expert. Adequate information was gained through the interview. A few of the questions were answered by the expert.	At least two interviews were conducted with experts, collecting fair information on the questions created before the interview.	Three or more interviews were conducted to gain as much information as possible to be able to get the best information for creating the rest of the project.

Create a diet plan	No diet plan of any sort was created.	A simple diet plan with few information on what we are and aren't supposed to eat during a healthy lifestyle.	A diet plan with basic information on food, and the impact of certain types of food on health. Information on what should be eaten	==The diet plan has all the necessary elements: Information on what should be eaten and how much, what shouldn't be eaten, how the food we eat impact our health and well-being, and answers to basic questions.==
Create a workout plan	No workout plan of any sort was created	A simple workout plan was created with a few information about the exercises.	A workout plan with only 2 exercises per each muscle group.	==A workout plan that has all the necessary exercises for each muscle group, with all the information about stretching and warm-up.==
Create the booklet	No booklet of any sort was created	A simple booklet with very few information on what it takes to have a healthy lifestyle.	A booklet with all the information needed but not consumer pleasing.	==A booklet with all the necessary information. Very consumer pleasing with all the images necessary for the booklet.==
Collect excellent information on the healthy lifestyle to reflect and create the product	No information or evidence was collected to create the product and reflection	Few evidences were collected to show progress over the whole project, with a few opportunities to reflect on the evidence.	A good amount of evidence was collected in order to reflect on it, the evidence is not clear enough for everyone.	==An excellent amount of evidence was collected, and is clear enough so anyone can understand. With the evidence there is clear explanation about it.==
Conduct a survey based on the project and receive answers	No survey was created to collect information and no responses	A survey with at least 3 question was created to collect information for reflection with 100 responses	==A survey with more than 6 questions was created to collect adequate information on the audience, with 200 responses==	A survey with more than 8 question was created to collect excellent information on the audience of the project, to see if communication was good and if they liked the product, with 300 responses.

==Self-evaluation of the success criteria after completion of the project is highlighted in yellow.==

1.6.1. Changes to the Success Criteria

There was more work than I anticipated before creating my success criteria. Therefore, I had to adjust it to suit everything I was doing or change some small parts of it. For example, I thought I could conduct at least six interviews, which I quickly realized was impossible. Therefore, I had to change the success criteria to be realistic. The success criteria must be specific. By the end of the project, the success criteria will decide the success of the project. The success criteria need to be made specific enough for the project and product to achieve success with the project.

Criterion B

2. Applying skills

2.1 Learning Goal ATL skill

For the learning goal, I had a choice between Self-management or Research ATL skills. The primary ATL skill I have chosen for my learning goal is the Research ATL Skill. I chose that over the Self-management skill because research for this project was more important since it is a topic I have never tackled before. My self-management skills have been good since I created my action plan. My learning goal focuses on gathering information from the internet and interviews that I could conduct. Even though I am reasonably good at researching, I still wanted to use the Research ATL Skill to guide me through my research on this project and help me improve my research ability. This ATL skill helped me find, judge, interpret, and create information based on my research.

2.2. Benefits of the Research ATL skill (for me)

The most interesting thing about this ATL skill I learned when researching how to make more effective research was the Cornell note-taking system. They are simple to make, they improve my understanding of the content as I research it, and they are a breeze to utilize for review. Using this method during my research resulted in better comprehension of my study material. This has given me an advantage during my research, as I understood more in less time. Going deeper and gaining a better understanding of this ATL skill has shown me that there are two essential parts of research, primary and secondary sources. I have chosen to use both primary and secondary sources to use most of this ATL skill. Primary sources come in the form of a journal or diaries, but the most critical aspect of a primary source is interviews. Interviews are primary sources, so I have added interviews to my research. Interviews assist me in elucidating, comprehending, and exploring the beliefs, actions, experiences, phenomena, etc., of research participants. In order to make my interviews worthwhile, I have created a list of open-ended questions to get as much knowledge from the person I am interviewing. One last thing that is very important about the research skill is an OPVL analysis method for my sources. OPVL stands for Origin, Purpose, Value, and Limitations. Using this method, I analyzed the source in-depth and evaluated its usefulness in answering my questions.

2.3. Applying the ATL skill

During my project, I conducted three interviews, two with a dietitian and one with a personal trainer. The most important interviews for me were the ones with the dietitian. I had one interview before I started the 6-week process and one after I finished it. The first interview with the dietitian taught me more than what I had gathered from online resources. The dietitian gave me clear and on-the-point answers to my questions, which helped create the diet plan. During the interview, I also did a body composition analysis, which gave me a deeper understanding of my body and what I must work on. This interview helped me to have a different perspective on my whole plan and project.

By learning this OPVL method to evaluate sources, I understood what sources to trust and include in my research in this project. The OPVL method allowed me to have more accurate and precise research, and it is a crucial part of this project as I am sharing what I find with the user/audience, and it is crucial for me and them to get the best information they can get.

Example of using the OPVL method:

Source (MLA)	Topic	Source Evaluation	Notes (using Cornell note-taking)	Relevance to my project

| Harvard Health Publishing. "Which Foods Don't Belong in a Healthy Diet? - Harvard Health." *Harvard Health*, Harvard Health, 28 Oct. 2016, www.health.harvard.edu/staying-healthy/which-foods-dont-belong-in-a-healthy-diet. Accessed 1 Jan. 2023. | What foods should we avoid during a diet? | **Origin** – comes from Harvard Medical school and their Harvard Health publishing, unknown author, but since it's a renowned source, I believe it's all right. **Purpose** – trying to teach us about what not to eat during a diet – the target audience – the general public **Value** – really useful due to the simple way of conveying information **Limitations** – source is very reliable from a known institute **Overall** - perfect source to use | Have a tiny ice cream sundae if you occasionally feel the urge. So, avoid making it an everyday occurrence. According to research, consistently consuming these foods (instead of healthier options) may increase the risk of developing serious conditions like heart disease, high blood pressure, diabetes, and even some types of cancer. These are the foods: added **sugar** - When you consume a lot of sugar, you fill up on empty calories, which causes your blood sugar to fluctuate wildly and can prevent you from consuming meals rich in fiber and essential nutrients, **baked sweets** - These commercially made versions are laden with refined carbs, extra sugar, bad fats, and frequently salt, **white carbohydrates** - If you prefer meals like bread, pasta, potatoes, rice, cookies, cake, or pancakes, choose whole-grain varieties, **processed and high-fat meats** - Despite some contradicting reports, the overall body of research shows that processed meats, such as bacon, ham, pepperoni, hot dogs, and many lunch types of meat, are less healthier than protein sources including fish, skinless chicken, almonds, legumes, and seeds, **salt** - The American Heart Association advises keeping sodium intake under 2,300 mg per day and lowering it to 1,500 mg. A certain amount of salt is required by our bodies, but too much can raise blood pressure and increase the risk of heart disease and stroke. | This helps me create my diet plan as I know what to include and what not to include. I know now what foods I should focus on and which food to choose not to have these ingredients or too much. |

2.3.1. Applying the ATL skill (KWL Chart)

What I have been doing throughout the process of the Personal Project is using something called a KWL chart. This chart is a way for me to organize my research. This chart allows me to put all my current knowledge and understanding of the topic that I am researching, and it allows me to see what I am missing in terms of information about that specific part. Using this chart allowed me not to research topics I already have a good idea about, but research the topics I need to gain a better understanding in.

What do I know?	What do I want to know?	What did I learn?
I know quite a few exercises that focus on the legs, like different types of squats, lunges, and deadlifts. I know different types of curls, dips, and pushups for arms. I also know exercises that can be used for the whole body, such as planks or burpees.	What are some exercises for the chest? What are some exercises for core muscles?	The plank is a great place to start when building your core because it requires little movement and can be changed to be either harder or easy, depending on how you feel. Backward crunch: If you want to perform a more focused exercise on a certain location, this one will help your low abdominal area become stronger. Crunch a bicycle while seated. You'll exercise your upper and lower abs and hips with this crunch.

2.3.2 Applying the ATL skill (Body Composition Analysis)

Another way I have done the research is by doing Body Composition Analysis to gain more information regarding my body. This Inbody analysis uses bioelectrical impedance to measure fat percentages, body mass, composition, and muscle percentages. From this one scan, we can learn much information, like my body fat mass is 9kg, and I need at least 1558 calories daily to survive. This suggests I should gain 1.9kg, .9kg in fat, and 1kg in muscle. Since my fat percentages are perfect, and with a close analysis of these results with a dietitian and a personal trainer, we came to an agreement that I should keep or lower the fat mass and try to gain the 1kg in muscle, since lowering the fat will not affect anything in my body. From doing this scan, I have learned that research is not only looking through the web, reading books, or conducting interviews. Research is also done when you leave your house and experiment to find the information by just going outside and seeing it first-hand.

2.3.3 Applying the ATL skill (doing the 6-week healthy lifestyle)

I have done this 6-week healthy lifestyle myself to learn more about a healthy lifestyle. I have done this to gain a deeper understanding of it firsthand. After I created the exercise and

Figure 1 Inbody Body Composition Analysis before healthy lifestyle

diet plan, I performed it to perfect the plans for my final product, the booklet. Doing this firsthand helped me better explain the concept to my audience. The results of the healthy lifestyle will be later explained in criterion C. While doing this healthy lifestyle, I have gained much understanding of the exercise plan. My first exercise plan had six exercises a week, but after completing this healthy lifestyle, I changed it to 4 exercises per week. This was a huge difference, but I wanted to make this healthy lifestyle to be able to be completed by anyone and not make it too hard. Doing this improved my understanding to perfect my final product, as well as doing that. It allowed me to put a reflection part in the booklet, so the readers can see how I survived doing the healthy lifestyle, what I did, and if I liked it. Doing this healthy lifestyle on myself also allowed me to give tips and strategies to people who want to do something similar.

2.4. Product goal ATL skill

As mentioned before, my product is a booklet that presents the reader with my diet and exercise plan, with my personal experience in it as well. I want to share my Booklet with students from my school, teammates from my rowing club, and friends outside of Poland, so everyone can see my work and give me feedback. Communication is critical when sharing work with people and an audience interested in my work. Effective communication helps to ensure that everyone understands my product, how I achieved such results, and the expectations that were made at the beginning of the project. By communicating clearly, I can avoid misunderstandings and confusion, which can result in misinterpretation and the misunderstanding importance of my work.

Additionally, communication enables me to collaborate effectively, share ideas and feedback, and create questions that I can answer through doing my project. Good communication skills also promote me as a person. Practical communication skills allow me to express myself clearly, confidently, and professionally, which can help
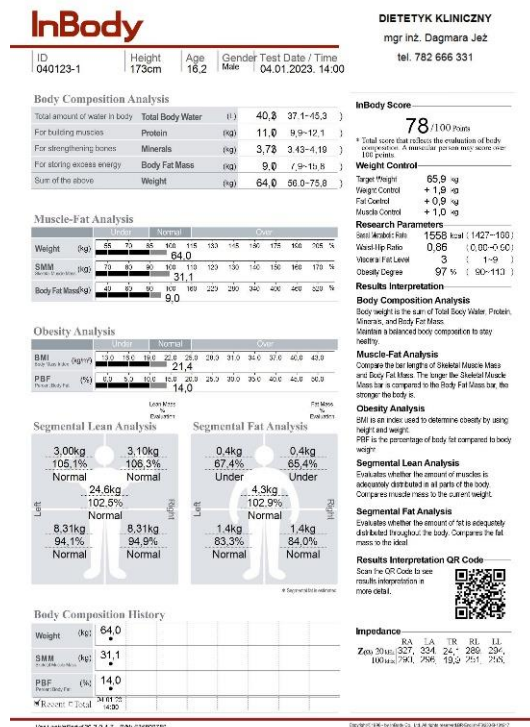
to make a positive first impression, so the audience will be keen to look deeper and understand the product. Communication skills such as active listening and empathy can also help me connect with others. By presenting excellent communication skills, I can demonstrate to others that I am competent, confident, and professional. In summary, communication is vital when presenting myself and my work. Therefore, I have chosen the communication ATL skill for my product goal.

2.5. Using the ATL skill

Since my whole process of a healthy lifestyle takes six weeks, I had to document what I did each day to look back later and see what I did wrong if the results came back not the way I wanted them to be. Therefore, I used the managebac journal tool to record every day of the 6-week process. As you can see in the *Figure 2*, each day I have recorded includes pictures for evidence. The first picture we can see in the journal entry is a screenshot from an app called Fitatu, which I have used to note down information about food I have consumed to track down the calories I have eaten during the day. When I analyzed the results of the Inbody scan, I was given a suggested number of calories I should consume per day. Using this Fitatu app, I can track each calorie I consume, so I do not exceed the limit I have set myself. The next few pictures are pieces of evidence of me doing physical

Figure 2 Journal entry representing evidence for doing the 6-week plan

activity. The information about my heart rate, exercise, and burned calories was all done through my smartwatch. Keeping track of what exercises and how many calories I'm burying would allow me to see if the results after the 6-weeks are different from where I would want them to be. I could go back and see if I was not doing enough exercise.

2.5.1. Using the ATL skill – Diet suggestions and exercise plan

The most important part of my Personal Project was the diet suggestions and the exercise plan. For me, it was essential to communicate all the parts of the diet well enough so anyone reading it could understand and gain as much information without any questions. Everyone will interpret the information differently. Therefore, the text I have made is simple. As well as making it simple, I made it in bullet points, highlighting the most critical parts of the information I am trying to communicate. I had to write/create my exercise plan so that everyone would understand the exercise I suggested to be done to get results after a healthy lifestyle. My exercise plan consisted of the duration

Figure 4 Exercise plan from my booklet

Figure 3 Diet suggestions (one of the pages) from my booklet

of the whole workout sets and warmups before moving on to the workout. The exercise plan consists of the name of the exercises – so its easier to find tutorials on how to do them, the number of sets and reps done by the person, what muscle groups the exercise focuses on, and a place where you can input your weights done for each exercise so you can track it and compare it to after the healthy lifestyle.

2.5.2. Using the ATL skill - Booklet

I had to use the communication ATL skill to create my product as it is essential; the booklet needs clear and well-communicated information about everything. To make the text I wrote in my booklet the best possible, I have used the 5 C's of communication strategy, which stands for correct, clear, complete, compassionate, and concise. Every time I have written a text in the booklet, I have looked back at it to see if it achieves all 5 C's. If it did not, I went back and corrected it. I wanted to make this text as straightforward as possible for anyone who will read it with any English language capability. Therefore, I gave the booklet to my family members, who are not native speakers, to see if they understood everything. If they didn't, I corrected it to make it clear enough. A difficult part of creating this booklet was making the information shorter but getting straight to the point. Rather than writing long paragraphs in the booklet, I have used bullet points. Using bullet points in my booklet assists in making the text easier to read by emphasizing critical information and improving the readability of the whole booklet. Another way that I made the reader focus on the critical information is by making it bold.
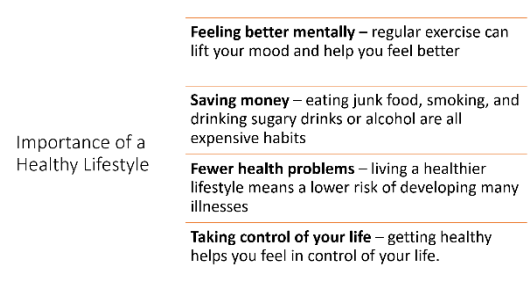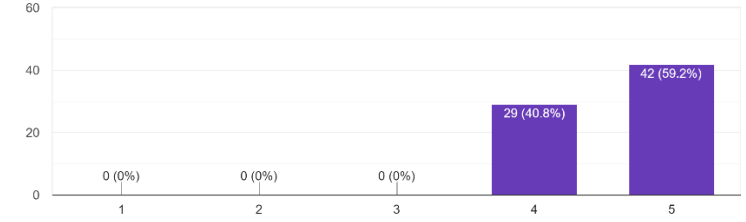
Importance of a Healthy Lifestyle

Feeling better mentally – regular exercise can lift your mood and help you feel better

Saving money – eating junk food, smoking, and drinking sugary drinks or alcohol are all expensive habits

Fewer health problems – living a healthier lifestyle means a lower risk of developing many illnesses

Taking control of your life – getting healthy helps you feel in control of your life.

Figure 5 A page from my booklet highlighting the importance of underlining key information

As you can see in Figure 3, the first thing that catches our eye is the bolded words, and that is what I wanted to achieve. While creating my booklet, I've looked at different ways of focusing the reader's attention on the primary, important information. I have tried underlining the text or making it a different color, but this has not worked as well as bolded text.

2.5.3. Using the ATL skill - Survey

After completing the booklet, I created a survey, as one of the essential parts of communication is giving and receiving feedback. I wanted to see if the readers of my booklet understood the information written or if they would like it to be conveyed differently.

Question	Answers
The question was, "Do you think the product had clear information?" This question allows me to see if the readers of my booklet understand what's written there. The readers answering this question were asked to rate the communication on a scale of 1-5.	Do you think the product had clear communication? 71 responses 1: 0 (0%) 2: 0 (0%) 3: 0 (0%) 4: 29 (40.8%) 5: 42 (59.2%)

Even though I have only received 71 answers to this survey, this is a good amount of information to determine that the communication in my booklet is successful. Based on the survey, 42 people think my communication is excellent, and 29 people think good enough to make it easy to understand. Due to the excellent survey results, I have decided not to change my communication in the booklet and keep it as it is.

2.6. The final product

The final product took quite a while, but I had all the necessary resources to complete it without any problems. I completed my exercise and meal plan beforehand, so it was only a matter of pasting it on the booklet. I had the information I would add to the booklet written down on a separate word document, so it is easier to add. As mentioned before, the difficult part of creating this final product was designing it to convey information appropriately and understandably and catch the reader's attention without them losing focus or losing the desire to read it.
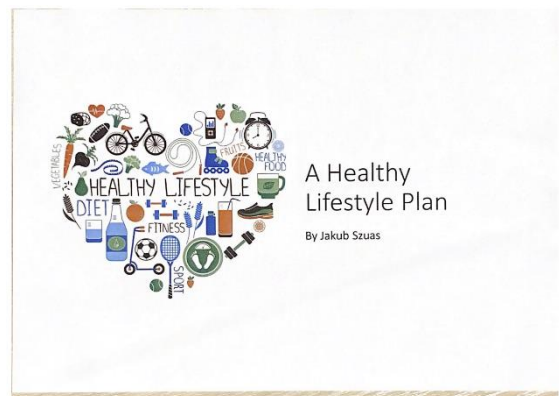

Figure 6 Picture of the front page of the booklet

Criterion C

3. Reflecting

3.1. The impact of the project on me

This Personal Project that I had completed had much impact on me. This project has increased my knowledge on the subject, impacted me physically and mentally, and improved my research, communication, and self-management skills.

3.1.1. Knowledge of the subject

To create my product, I had to do tons of research. I wanted to learn more about the whole subject of exercising and eating well and later be able to give knowledge to others. The research that I have done will likely affect the way I live for the rest of my life. Doing this project, I learned that eating healthy is essential for maintaining good health and well-being. A balanced and nutritious diet provides the body with the necessary vitamins, minerals, and nutrients to function optimally. A diet rich in fruits, vegetables, whole grains, and lean proteins can help to reduce the risk of chronic diseases such as heart disease, type 2 diabetes, and certain cancers.

Additionally, a healthy diet can help to maintain a healthy weight, which is crucial for overall health and reducing the risk of obesity-related health issues. A nutritious diet also supports a robust immune system, which can help to prevent illness and fight off infections. Eating healthy has been shown to improve energy levels, mood, and cognitive function. Overall, a healthy diet is essential for maintaining good health and reducing the risk of chronic diseases and can help us to live longer, healthier lives. As well as learning to eat healthily, I learned the importance of staying in shape and fit. Staying fit is beneficial to our bodies in many ways.

First and foremost, regular exercise helps to maintain a healthy weight and reduces the risk of obesity, which is a significant risk factor for many chronic diseases such as diabetes, heart disease, and certain cancers. Exercise also helps strengthen muscles, bones, and joints, improving overall mobility and reducing the risk of injury. Additionally, regular exercise has been shown to improve cardiovascular health by reducing blood pressure and cholesterol levels. Exercise can also positively affect mental health, including reducing stress and anxiety and improving mood. Overall, staying fit through regular exercise and physical activity is an essential component of a healthy lifestyle and can help us live healthier and longer.

3.1.2. Impacts on me physically and mentally

When I did this 6-week healthy lifestyle, I realized how much more sleep I was getting than usual. Sleep is essential for maintaining good health and well-being. Adequate sleep helps to repair and rejuvenate the body, regulate hormones, and reduce the risk of chronic diseases. Poor sleep quality or insufficient sleep can lead to adverse health consequences such as weakened immunity, cognitive impairment, and increased risk of chronic diseases. The good sleep I was having was crucial for me because it improved my mood, memory, and concentration and reduced the stress and anxiety that I was having. I was also impacted physically because, after the 6-week healthy lifestyle, I returned to redo the Inbody body composition analysis and got the results I was looking for. As we can see in *Figure 7 my* weight increased, which I was looking for. I needed it to increase by around 1kg, and it increased by 0.7kg, which is still really good. We can see that the body fat mass was also decreased, which I am happy about because that means my exercising and healthy eating worked to reduce it. We can also see that my muscle mass also increased, meaning that my regular exercising was done correctly to increase it.

3.1.3. Perfecting my ATL skills

Figure 7 Shows the progression of my body after the 6-week healthy lifestyle

Throughout this project, what improved was me being able to apply the ATL skills and all that they bring to make my learning more effective. The research ATL skill was the most crucial in my whole project. The research ATL skill was crucial because it enabled me to find, analyze, and evaluate information effectively. In today's information age, a vast amount of information is available, and it is essential to have the skills to sift through it to find what is relevant and reliable. Research skills enabled me to evaluate the credibility and validity of sources, synthesize information, and develop informed conclusions. This skill is essential for academic success and lifelong learning, as it enables me to acquire and apply knowledge effectively. The other ATL skill that I have improved a lot in is communication.
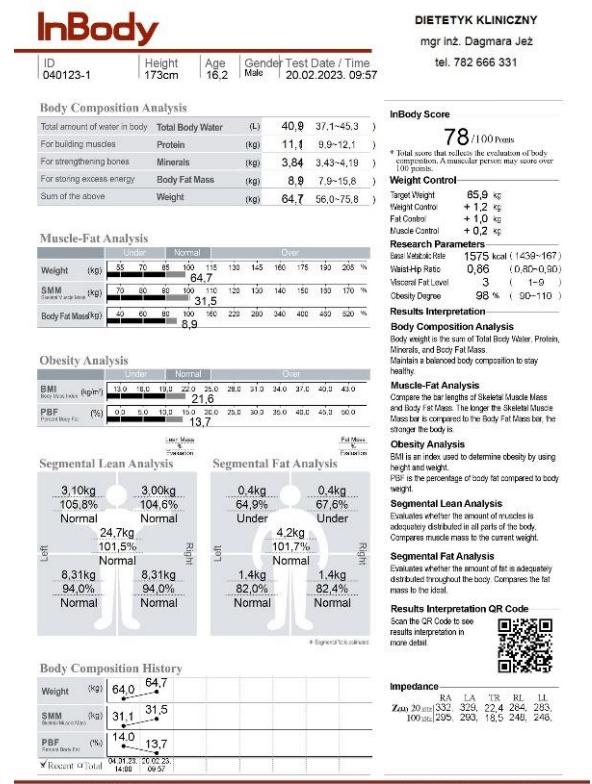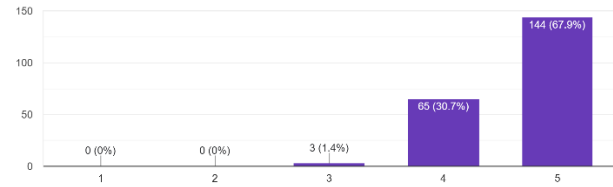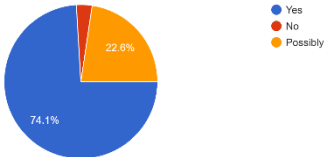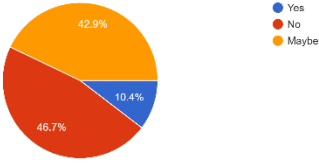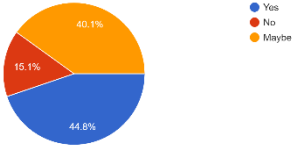
The communication ATL skill is crucial because it enabled me to express my ideas clearly and effectively verbally and in writing. Effective communication is essential for academic success, allowing anyone to articulate their thoughts and ideas clearly in essays, presentations, and discussions. Overall, communication skill was vital for me during this project and while creating my product and this report, and they will be crucial during the project fair and in the future.

The last but not most minor ATL skill that I have improved is self-management ATL skill. The self-management ATL skill was crucial because it helped me to manage my time effectively, set goals, and take responsibility for my learning. Self-management skills enabled me to prioritize tasks, develop study habits, and manage my time efficiently to meet deadlines that I have set for myself. Self-management skills also help me set and achieve goals, an essential life skill. By taking responsibility for my learning, I can develop self-discipline, self-motivation, and a sense of achievement, like this achievement of finishing a personal project with more knowledge.

3.2. Impact on others

One of my Personal Project's main points is to impact people around me for the better. I wanted them to realize the importance of having a healthy lifestyle, learning about it, and sharing it with others so that they can also benefit from it. After sharing my booklet with others, there was a QR code at the back of it, where when people scan it, they are led to a survey where they can leave thoughts and answer a few questions regarding my Project. Here are the results:

Question	Answers	Reflections
This question, "How would you rate my product" was made to see if people liked and enjoyed what I did. I made it so the respondents can could it on a scale from 1 to 5.	How would you rate my product? 212 responses	Almost 68% of the people who have done the survey really liked it, and almost 31% liked It a lot and rated it a 4/5. From this, I realized that my project was successful because people liked and enjoyed it. That brings me joy, knowing that people appreciate my work.
This question was important to me to see if the people reading my project learned anything from it.	Have you learned anything by reading my project? 212 responses	The answers to this question show that more than 95% of the respondents learned something from my booklet. From this, my booklet and the work I have done have impacted people around me in a positive way. I am really happy about this, as I wanted to make my project as impactful as possible to everyone that reads it.

This question was created to see if people would actually start a healthy lifestyle, and I wanted to find out why or why not they would want to do it.	Based on my project would you start a healthy lifestyle? 212 responses 42.9% 10.4% 46.7% ● Yes ● No ● Maybe	From these answers, we can see that a small percentage would want to start a healthy lifestyle, and 43% are unsure. And more than 46% wouldn't do it. There was another question after this one to see why or why not they would start a healthy lifestyle; most of the responses were that they already have a healthy enough lifestyle and don't need one like this one.
This question was to see if people like the healthy lifestyle I created (the diet plan and the exercise plan)	It was clear and understandable, i believe it was fairly easy to follow i like that its simple, so i can even share it with my parents, so they can start doing it as well simply everything, its creative and has a meaning behind it Most of it I like everything about it Its interesting, and usefull to the right people I like everything	The feedback was just amazing, I have received over 200 responses, and all of them were positive, saying they actually like everything about my healthy lifestyle.
This question was made to see if people would share the healthy lifestyle and the booklet I created with other people.	Will you share this healthy lifestyle plan with other people? 212 responses 40.1% 15.1% 44.8% ● Yes ● No ● Maybe	As we can see, most people would share my healthy lifestyle with other people, this is good because now I know that more people will read it and more people will be impacted positively by my research and all the work I have created.

3.3. Evaluating the success criteria

Looking back at the success criteria I created before starting work on the project, I have met all points with a criterion of excellent, except one point with a fair criterion. My success criteria were enough for me to guide me through this project and mark it as successful.

What worked in my success criteria was the precise information about what I must do to achieve it. As well as having clear information, it had specific information, which allowed me to know what I had to do to achieve it. I could follow it quickly, and due to that fact, I got an excellent grade for most of the points.

What did not work in my success criteria was, for some points, I underestimated my potential, and for some, I overestimated the potential. For example, I overestimated the number of responses I would get on my survey, I thought I would reach 300 responses, but I just realized that only some people that read my booklet would do the survey. Creating the workout plan in my success criteria needed to be specified enough for me to know how many exercises I should do and create.

Based on my success criteria, the product I created and came up with is successful enough to satisfy the success criteria.

3.3.1. What I would do differently in the future regarding the success criteria

In the future, if I have to create another success criteria, I would expand it to have more information on how to make the project successful. Before creating another success criterion, I would also consider whether the success criteria are achievable because if I create an unachievable criterion, in the end, that will make my project fail. Nevertheless, I would keep the strengths of my current criteria and use them in the next success criteria.

3.4. How would I make the product better

To improve my product, I would make it into a small handbook rather than having A4 size printed pages stuck together. It would be easier for a person to read and make the book more appealing to the reader. Since my diet plan takes five pages, and my exercise plan takes up 15 pages, I had to create QR codes in my original booklet so the reader could view it at any time. Next time I would incorporate the plans into the booklet and have them in a QR code form so they can view them while exercising.

3.5. Reflection on skills as an IB learner

Over the process of creating my Personal Project, I developed a few of the IB learner profiles, which I am proud to say. These are the IB learner Profiles I developed:

Inquirers – I developed a new skill for asking questions and conducting effective research. I learned how to work independently and ask others for help if needed. I learned to create surveys and interviews. I enjoyed learning through this whole process.

Communicators – Through creating my product, I expressed my creativity in creating effective communication allowing anyone to understand what I am trying to say. I collaborated with individuals to get expert opinions on diets and exercises. With that, I became more confident in communication.

Reflective – I understood my strength and weaknesses of myself, the work I have done, and how I can improve it next time and in the future. I also understood how I could improve the work while creating it.

3.6. General reflection on the Personal Project

I am proud to say I completed effectively and learned so much from my Personal Project journey. I became more knowledgeable in certain areas, by using the chosen ATL skills, as well as more confident, and became more confident. Most importantly, my peers enjoyed and learned much from my project and product. The last and extremely important thing: I became a better IB learner thanks to this project.