

Alice Lu

BE111

1 Week Challenge Final Result Speech

Slide 1:

Hi guys, my name is Alice Lu and I am going to be presenting my 1 week challenge final result.

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So what is my 1 week challenge? As you can see, I will be doing a push up challenge. I plan to do at least 20 push ups within 30 second.

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My purpose for this challenge. The reason I choose this challenge is because honestly I would say that I am not so good with push ups and I would like to change that. I wanna challenge myself to be more stronger and confident and be able to do push ups. Also it is a way to stay fit and build muscle for the arm. So my purpose is to build up my strength and become more confident in doing push ups.

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How I measure my challenge. The way I measure my challenge is through my phone. I would use my phone to time myself 30 second everyday and after I finish my challenge, I would record how many push ups I did and how I felt after. As you can see, the picture on the right is where I record my daily progress.

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My short term goal and long term goal. My short term goal was to plan out my time for this challenge, take notes of my progress and be well prepared for this challenge. My long term goal is to eventually be able to do 20 push ups in 30 second and stay fit.

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So my result from this challenge. Within the week, the highest I went was actually 17 push ups for 30 second. I would say that I didn't reach my goal for the week. But because we had time and I wanted to see if I could reach my goal since my data was positive and I made progress. The result was exciting. I made it to 20 push up in 30 second after 2 more days from the week.

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I have recorded my first day, the last day of the week and my final video on the side plus my record of how many I did everyday. This is the end of my presentation. Thank You.