

Dancing & Fitness for 30 days

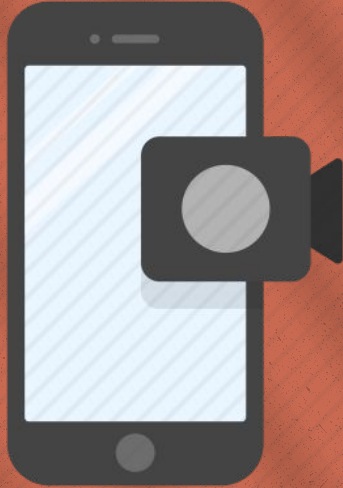
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Purpose

The purpose of this challenge is to be able to accomplish any task in a time frame of 30 days. This challenge is supposed to push you to have motivation each day to accomplish your goal.

The challenge that I chose is a fitness and dancing challenge! I challenged myself to do a workout or go jogging on the days where I am not dancing. And on the days when I am dancing, I challenged myself to practice a new move that I could not do before called the duck walk.

How did I journal my challenge?



Types of workouts I did

- ◇ Jumping Jacks (30 seconds)
- ◇ Lunges (30 seconds)
- ◇ Butt kickers (30 seconds)
- ◇ Mountain Climbers (30 seconds)
- ◇ High knees running in place (30 seconds)
- ◇ Planks (30 seconds)
- ◇ Squats (30 seconds)
- ◇ Wall sits (30 seconds)
- ◇ Push ups (30 seconds)
- ◇ Crunches (30 seconds)
- ◇ Step-ups (30 seconds)
- ◇ Push ups with rotation (30 seconds)
- ◇ Side plank (30 seconds)
- ◇ Lunges to high knees (30 seconds)
- ◇ Jogging (1 hour & 30 mins)



I got these workouts from an app called Seven

Duck walk videos



1st week



2nd week



3rd week



4th week



5th week

Setbacks



Some of the major setbacks I had during my challenge was:

- Typhoons- we missed 4 school days due to the typhoons that we encountered, and because of this I wasn't able to follow my schedule as planned.
- Overload of school work- having 5 classes can be overwhelming especially if there is an assigned homework for all 5 classes.
- Tiredness- from school to work, I can be very tired towards the end of the day.

To overcome these setbacks, I continued to motivate and push myself to do the challenge. I always thought positive instead of negative. To make up for the missed days due to the typhoon, I continued the challenge throughout the month of November.

What was successful

- I was able to complete my challenge for 30 days
 - ◇ I didn't give up & continued to push myself
 - ◇ I learned how to duck walk & became more comfortable doing it
 - ◇ I was able to do a workout or jog on the days when I am not dancing
 - ◇ Most of all, I challenged myself to do a form of exercise each day & I did it



What I accomplished/learned

I accomplished completing my 30 day challenge, learning a new dance move, and exercised every day. By doing this challenge I learned that the more you push yourself, you will achieve your goal. It is never good to give up while you're challenging yourself to achieve your goal. It's always best to keep motivating yourself and think ahead.

Results

Week 1: I had a hard time doing the duck walk for more than 5 seconds. My legs would cramp so fast and I had a some shoulder movement (in Polynesian dancing, your shoulders shouldn't move only your arms). While doing the workouts & jogging, I wasn't consistent. I would always take a break & gas out quick.

Week 2: The more I practiced the duck walk, the more I was able to continue without stopping. My legs didn't cramp fast, and my shoulder movement improved. Also, the more I did the workouts, the more consistent I became.

Week 3: My shoulders wouldn't move as much, my hip movement became faster, and my consistency with the workouts & jogging became a lot better.

—Week 4: My duck walk has improved significantly compared to when I first started practicing it, and I became more comfortable with doing it. Doing the workouts became less hard, and I would continue to do the workouts with less breaks.

Week 5: I became more than comfortable with the duck walk. My hip movement became faster & I learned how to control my shoulders. I started to do the move in the tamure contest (when we pick up the tourist to dance with us). I became used to jogging and the workouts that I did. I can continue going on without more than 3 breaks.

THANK
YOU