

# My 30 Days Challenge Speech Presentation

*College Success (BE111) K. Bunts-Anderson*

*By: Abigail Perez*

## INTRODUCTION

Good Afternoon, My name is Abigail Perez and this is my results for the 30 day challenge.

## ABSTRACT

Like a good book let's start from the beginning, we were first assigned to do a 30 day challenge. We had to choose what we did and the measurements we would take to see if we were consistent. The only rule was that we had to start early or no later than October 2. In this presentation, you get to see my results and see a glimpse of what I went through.

- ❖ My old schedule for the first presentation is not the same as the new one.
- ❖ The reason it changed was not only the time management that made it difficult to follow through with the schedule but I realized too late that the schedule does not motivate me.
- ❖ That didn't stop me though, I pushed myself to the top. Sure it was difficult but that's what a challenge should be.

## WORKOUT TRACKER

Let's start out with how I journaled my weight loss challenge.

- ❖ I decided to make a bullet journal where I could color in the days with the corresponding activity each day.
- ❖ To the left is what my journal looks like.
- ❖ Below is the legend that shows which color is for what kind of activity

- Dark blue-Basic
- Light green- Bench Strength
- Magenta- Rest
- Yellow- Jog
- Silk blue- step it up
- Gray- Youtube workout

## MEASUREMENTS

I have a baseline measurement and 3 other measurements.

- ❖ My baseline measurement is how much body fat I have per week.
  - Week 1: 33% Body Fat
  - Week 2: 31% Body Fat
  - Week 3: 31% Body Fat
  - Week 4: 30.5% Body Fat
  - Week 5: 29.8% Body Fat
- ❖ My 3 other Measurements
  - I used an app on my phone to calculate all of my measurements
    - The first measurement that I looked for was How Many Steps Did I Do?
    - My second measurement is my heart rate. All of my exercises are Aerobic exercises.
    - My third measurement is How Much Time I Spend Exercising.

## MY FINAL REVIEW

- ❖ I did it! I finished my goal. I lost some weight during the 30 days.
- ❖ I will add exercising (mostly jogging) to my schedule because I was very energized everyday and I wasn't feeling lazy.

## MY SUPPORT TEAM

I have my mom and my sister as my support team. They were the ones who helped motivate me. I am very thankful for them.

## THANK YOU FOR LISTENING! & ANY QUESTIONS?