

# mission briefing for students

In partnership with



## A 'Fitness' Plan

1. Decide on a way to measure 'fitness'.
2. Decide how long you will run your plan for?
3. Set a target for your fitness at the end of the plan.
4. Decide on your keeping fit activities.
5. Measure your fitness regularly.
6. Compare your change in fitness with the change needed to meet your target.
7. Make changes to your activities if needed.



It is very important to choose a measure that is fun and suits you. It is doubly important that you are not competing against anyone else!



First you must choose a good fitness measure to use.  
Then you can get started.



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### Fitness Tracking

#### Monitoring and Tracking

Here is how one pupil looked at improving their reactions times.

- They used the reaction timer test on the web site humanbenchmark.
- Their first attempts were about 350ms.
- They decided to work on this for two months.
- They set a target of 150ms.
- They practiced improving their reaction time using a reaction timer app on their mobile phone for 5 minutes a day.
- They measured their 'fitness' once a week.

#### Follow the instructions for the pupil's project using HP Prime

1. Press Apps 

2. Click the Statistics 2 Var(iable)



App icon

3. On the screen click Reset then OK then Start



4. Column C1 is for the weeks you measure.

Column C2 is for your measurements. Columns C3 is for your target which starts in week 1 and finishes in week 8. Column C4 is for your start and target to compare.

Statistics 2Var Numeric View 11:39				
	C1	C2	C3	C4
1	1	350	1	350
2	2	320	8	150
3				

1

Edit More Go To Sort Make Stats

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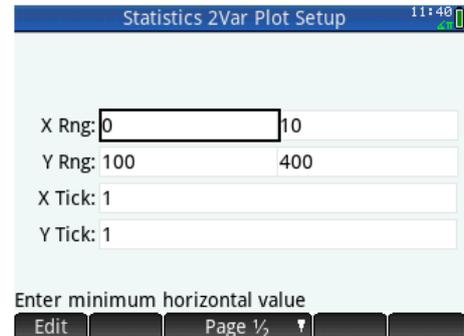
### Fitness Tracking

5. Set up the graph to look nice in the screen. Press

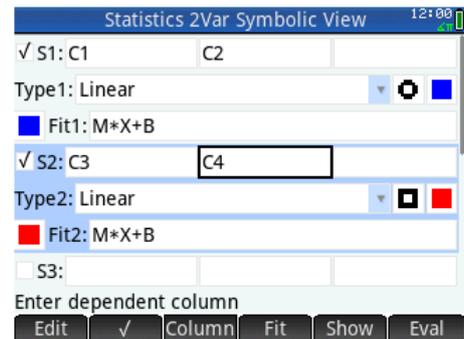


and enter these values. (You will

need to change the 100 and 400 values to suit the fitness measure you are using. 100 is a bit below the target and 400 is a bit above the starting measurement).



6. Press  to select the columns to show. C1 and C2 are already selected as a blue line S1. So click in the spaces next to **S2**: press Column and choose columns C3 and C4 for the red line.



7. Press  to look at the graph. On screen click Menu then Fit.

That's good! The red line is my target and the blue line is the rate I am improving at. So, I am doing better than my target.

When I have taken more measurements, I can enter them into the table.



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### Fitness Tracking

8. Press  to enter more data.

Statistics 2Var Numeric View 11:48				
	C1	C2	C3	C4
1	1	350	1	350
2	2	320	8	150
3	3	302		
4	4	261		
5	5	223		
6	6	204		
7				

Enter value or expression

9. Press  to look at the graph again. It looks like I'm just going to beat my target!

