

Body Data Plan

Fabian Castillo

BI103

I would like to look at changing my eating habits, at least being more concrete about it. I hardly eat breakfast, mainly having my first real meal around noon and then my final meal around 7pm. Breakfast for me is usually just a cup of coffee and maybe a granola bar and time to get to class. In order to actually have a decent breakfast I would of course need to make myself a decent breakfast, and that would require some more time.

Time is where my 2nd focus is going to be, having a good sleep schedule where I sleep at a certain time and wake up at a certain time. I normally don't sleep all that great, going to sleep around past midnight and then waking up at 7 and heading to Corvallis for classes. Having a better sleep schedule would not only improve the quality of sleep I could get but would also allow for some time before leaving for the day to have a good meal.

For sleep I will record at what time I slept the night before, at what time I woke up, and a sleep satisfaction value from 1-10 on how I feel, with 10 being really good. Since my main concern of sleep is due to rushing to class, granted I don't do myself any favors sleeping late, I will keep track of this during the weekdays.

Example of recording method for sleep:

Date	Time slept	Sleep satisfaction (1-10)
04/10	6 hours (4/11 midnight - 6am)	6
04/11	9 hours (10pm - 7am)	8

For breakfast I will likewise record what I eat for breakfast during the weekday. If one day I just eat a granola bar and a coffee, that will be "breakfast", and I will use a good or bad rating on if I ate something actually meal worthy or not. I will count breakfast as whatever is eaten within the first two hours of being awake, be it an actual meal, a more barebones snack meal or nothing.

Example of recording method for breakfast monitoring:

Date	What was eaten?	Good meal or bad meal?
04/10	Coffee only	Bad :(
04/11	Scrambled eggs with ham, slice of toast with jam, assorted nuts and coffee	Good!

I would then like to write down a brief summary of the week, expressing how I felt I did with my goals. This might be more like a reflection piece where I take note of days I did well and days I didn't do so good, with an overall rating for the week as a whole.