PET 349
PAD Summary

You have tracked your physical activity and diet (PAD) patterns across this entire semester. The current assignment will help you analyze those patterns and set goals for the next several months. This individual assessment should be honest and realistic given your personal factors (e.g., time constraints) and goals for the future. Be sure to respond to each component of the rubric (usually 2-3 pages). A copy of this rubric must be included with your written summary (no rubric, –10 points) at the beginning of class on the date indicated on the syllabus.

Components

/225 Factors

/120 Copy of all graded PAD logs ($n = 12$) attached to summary report
/20 Summary of typical diet patterns (1 paragraph)
/20 Summary of typical physical activity patterns (1 paragraph)
/10 Contextual factors influencing your PAD patterns this semester (if applicable, be BRIEF)
/20 Diet goals (short-term and long-term); explain how you plan to achieve these
/20 Physical activity goals (short-term and long-term); explain how you plan to achieve these
/15 BRIEF summary of what you have learned about yourself from this assignment

/80 Writing

/20 Organization and format (paragraph format, 1” margins, 12 point font, double spaced)
/25 Spelling and grammar
/30 Clarity of writing

Additional comments:

TOTAL GRADE: ____/305