Title: Stress and Exercise Tracker

Author(s) and Attribution: This activity is developed by Lisa E. Wilson.

Summary: This activity allows students to track their daily stress level and the amount of time they exercise each day. This exercise will give students a graphic illustration of the correlation between exercising and stress levels.

Context for Use: This is a sophomore level course at a private liberal arts college that meets for 2.5 hours per week. There are 26 students in the class and is run as a hands on seminar. This multidisciplinary course explores how a person’s thoughts, nutrition, relationships, amount of exercise, rest and sleep affect ones’ overall physical and emotional health and sense of well being. This hands on course utilizes the information and skills students learned during their freshman pathway experience. Specific healthy modalities for dealing with stress will be utilized including a specific focus on exercise, cognitive therapy and nutrition.

Learning goals (Measurable Outcomes) of your activity:

1. Students will be able to correctly place their stress levels and exercise minutes on the excel worksheet.
2. Students will be able to identify if there is a correlation between stress level and exercise minutes.

Quantitative Concepts/Skills:

Sustainability Concepts/Skills:

Background: Students need to have taken PTH101 All Stressed Out: Tools for Surviving and Thriving in Stress

Materials Needed: Computer access

Resources: Computers, excel, athletic center, classroom and faculty

Assessment plan: I will determine if the learning goals have been meant by having each student turn in their individual excel worksheet and then the students will work together and put all their data into one main excel worksheet and identify and describe the correlation they have found through a classroom presentation.
Main Activity and related files: This activity allows students to track their daily stress level and the amount of time they exercise each day. This exercise will give students a graphic illustration of the correlation between exercising and stress levels. This is a self directed activity that the students are responsible for and the teacher is responsible for directly assessing their excel charts on a weekly basis.

Student Instructions for the Assignment: Each day students will use a 1-10 scale to measure their stress level and record this in their journal. One is the least amount of stress and 10 is the most you have ever experienced. They will also write down the number of minutes they exercised that day in their journal. At the end of each week they will record their stress level and exercise level into the spreadsheet and then produce the graphs. They will answer the following questions: 1) What was the average number of minutes you exercised in a week. 2) What was your average stress level? 3. Did stress level decrease during the semester? 4)Was there a correlation between your stress level and the amount of exercise you participated in?

Note: the attached spreadsheet is set up to calculate averages and graph the results. The last two sheets include sample data as an example. If students are proficient at excel, they can be asked to create their own spreadsheet.