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Materia: Ingles IV

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Cuatrimestre: 4to

Plan de alimentación

Plan de ejercicio

Cronograma de actividades

Reporte de actividades



Meal plan

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast -Coffe -cookies	Breakfast -eggs -Coffe -tortillas	Breakfast -Apple with yogurt	Breakfast -quesadillas -chocolate oatmeal	Breakfast -meat tacos -soda	Breakfast -cooked chayote -melón water	Breakfast -chopped fruit -papaya water
Meal -vegetable broth -lemon wáter	Meal -grilled breast -soursop water	Meal -mexican style steaks -lemon water	Meal -chicken stew -lemon water	Meal -roast meat -coca cola soft drink	Meal -steak with steamed vegetables -lemon water	Meal -chicken soup -passion fruit water
Collation -oranges with chili	Collation -walnuts	Collation -chopped pear	Collation -almond	Collation -jicama with chili	Collation -fried platains	Collation -strawberry ice cream
Dinner -yogurt with granola	Dinner -chopped melón	Dinner -boiled eggs	Dinner -coffe -cookies	Dinner -cooked carrot	Dinner -tacos al pastor	Dinner -flake oats

Exercise plan



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Late -zumba	Late -walk and run	Late -zumba	Late -walk and run	Late -zumba	Late -play basketball	Late -play basketball

Cronograma de Alimentación y ejercicio

SCHEDULE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast 8:00am	Coffe and oatmeal cookies	Egg and coffe	Apple with yogurt	Quesadillas and chocolate oalmeal	Meat tacos	Chayote and melon wáter	Chopped fruit and papaya wáter
Mid morning 10:30am	Chopped fruit	Chopped fruit	Dried fruits	Chopped fruit	Pineapple with yogurt	Chopped fruit	Free rest
Meal 1:00pm	Vegetable broth and lemon wáter	Grilled breast and natural wáter	Mexican style steaks and lemon wáter	Chicken and watermelon wáter stew	Roast meat	Steamed vegetables and melon wáter	Chicken soup and passion fruit wáter
Mid afternoon 4:30pm	Oranges with chili	Walnuts	Chopped pear	Almond	Jicama and chili	Fried platains	Straberry ice cream
Physical training 6:00pm	Zumba	Walk and run	Zumba	Walk abd run	Zumba	Basketball improve resistance	Basketball stres reduction
Dinner 7:30pm	Yogurt with granola	Chopped melon and natural water	Boiled eggs and natural water	Coffe and cookies	Cooked carrot	Tacos al pastor	Oatmeal flakes

Reporte de Evidencias

Having carried out this activity was fundamental in my personal sphere and at the same time a priority was to have a healthy diet and an exercise routine, which must be taken care of and have the willpower to carry them out very frequently to avoid the inconvenience of any illness. damaging or altering the balance of the human body.

Therefore, it is of utmost importance to carry out physical activities, which not only allowed me to design some activities that are carried out every day, but also put them into practice in the field of daily life, thus obtaining good results.

As well as sticking to the eating plan, as it is a very important link that must go hand in hand, in the life of every human being and must be balanced, according to the needs of each person.

All physical exercise activities and nutrients play a very important role in the vital functions of the organisms in our body, especially to have or enjoy a healthy quality of life.

