

# **Problem Solving Assignment**

## **Mystery Student**

**Problem:** I want to loose weight before this summer and get toned up.

**ABC behavior plan:** Every week I will go to the gym three times and do different work outs each time I go. If I do this and lose weight before summer I will treat myself to a new bathing suit and sunglasses for this summer.

**Plan:**

<b>Dates</b>	<b>What type of workout</b>	<b>Time</b>
Feb. 23,2015	Cardio, Sit ups, Lunges	3 hours
Feb. 25,2015	Cardio and Arm lifts	2 ½ hours
Feb. 27,2015	Leg lifts and Cardio	3 hours
Mar. 3,2015	Cardio	2 hours
Mar. 4,2015	Crunches and Lifts	1 ½ hours
Mar. 5,2015	Cardio and Planks	3 hours
Mar. 9,2015	Cardio and Ab workouts	2 hours
Mar. 12,2015	Leg lifts, Crunches, and Planks	3 hours
Mar. 13,2015	Cardio and Stairs	2 hours
Mar. 16,2015	Cardio	1 ½ hours
Mar. 18,2015	Crunches and Cardio	3 hours
Mar. 20,2015	Planks, Sit ups, and Cardio	3 hours

**(Every 3 lines is a week)**

**End Result:** My plan was very helpful in helping me stay motivated and on track with making sure I worked out three or more times a week to help me lose weight and tighten up. I think that also having a reward at the end really made me want to stay on track and be dedicated. It really pushed me to keep up with working out while juggling my busy everyday life.