



## Product/Event Proposal:

### Effects of Physical Fitness on Adolescent Mental Health.

#### Background:

Aiding adolescents mental health through improving physical fitness.

#### Objectives of the product/event:

To aid students in being able to manage their physical fitness being integral their mental health and overall well-being.

#### Scope:

Involves posting motivational posters around the school, tapping into the physical education course offered at the Michigan Islamic Academy.

#### Timeframe:

Write a detailed list or outline with dates of each task you must do in order to complete this project /event.

	Task	Start and End Dates
Phase One - Preparation	Laying out designs for poster and finalizing the program with the P.E. instructor. Give the pre-survey.	June 20- January 1
Phase Two - Implementation	Continue building the poster and beginning the program in the P.E. courses.	September 5 - March 5
Phase Three - After completion	Getting results, doing post survey to see how the students responded and presenting Poster.	February 18