



LAX2032

HEALTHY

LIFESTYLE

Offered to:

Students who have never taken LAX2032.



Healthy Lifestyle Pamphlet Project

- This is a 12-week language activity that you will complete outside of lecture hours, giving you time to collaborate and develop your ideas.
- In this project, you will work in groups of 8 to plan and create a **healthy lifestyle pamphlet**. Along the way, you'll discuss **different workouts** and **diet options**, sharing ideas and building your content together.
- Each week, your group will also record your discussions on video to track your progress and reflect on your learning.

Have fun working as a team while creating something informative and inspiring!

What Do I Have to Do throughout the 12 Weeks?

WEEK 3

Identify **8 workouts/exercise routines** (jogging, planking, lunging, squat jumping, cycling etc.) and **8 diet menus** (paleo diet, intermittent fasting diet, low-carb diets, vegan diet etc.) for your pamphlet.

WEEK 4-8

Exchange information gathered on the **selected workouts or exercise routines**. Choose the best **3** to be included in your pamphlet.

WEEK 9-13

Exchange information gathered on the selected **diet menus**. Choose the best **3** to be included in your pamphlet.

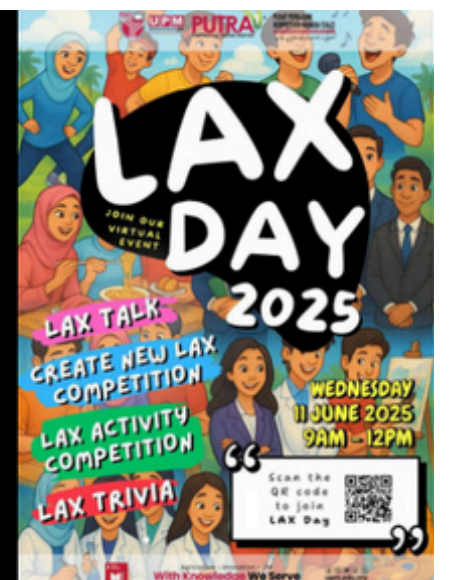
WEEK 14

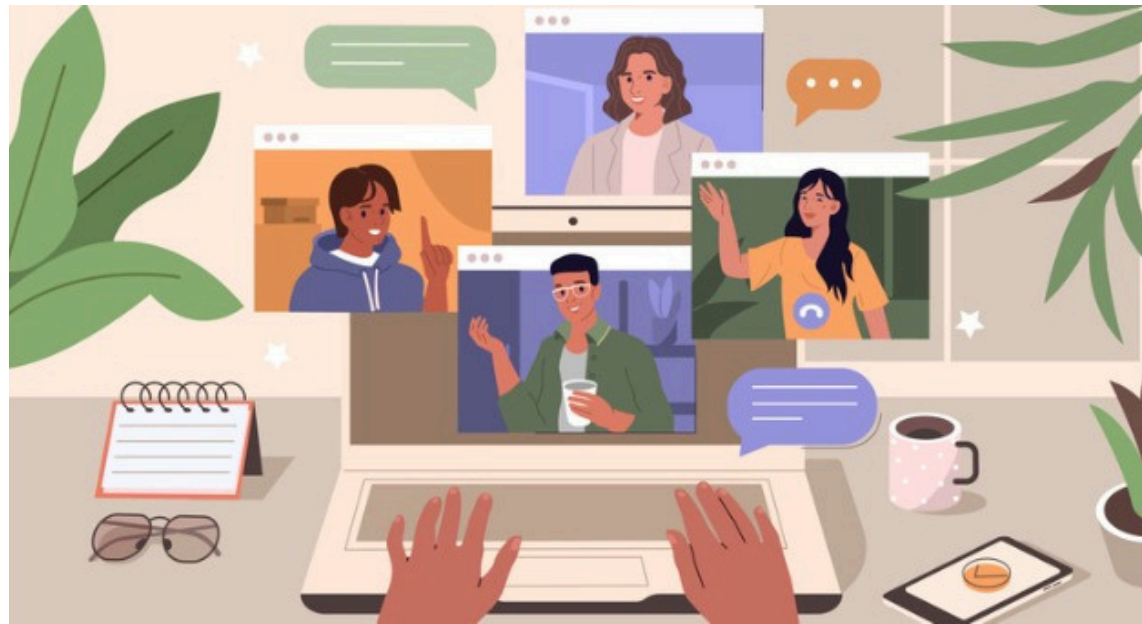
Discuss the layout and design of the healthy lifestyle pamphlet (**Section 1 & 2**). Ensure to include the best THREE workout/exercise routines and diet menus selected in an interesting and creative manner to attract readers.



LAX DAY 2026

- 10 June 2026
 - Lax Day Discussion Video:
 - 10 – 15 minutes
 - Share your experience attending LAX DAY 2026
- Refer to the Notes in the Timeline for further instructions





LAX2032 will be conducted **virtually.**

Therefore, group discussion meetings will be conducted via a video conferencing platform and **NOT face-to-face.**

- Students are required to conduct the group discussion meetings via a video conferencing platform (e.g., Skype, Zoom, Google Meet, WhatsApp, FaceTime etc.).
- The virtual group discussion meetings must be video recorded (screen recording). **Submit the video via the cloud storage link provided.**

Group Discussion Video



20-25 minutes long.



Submitted on a weekly basis before the deadline (please refer to ***Weekly Submission Schedule - Student copy***).



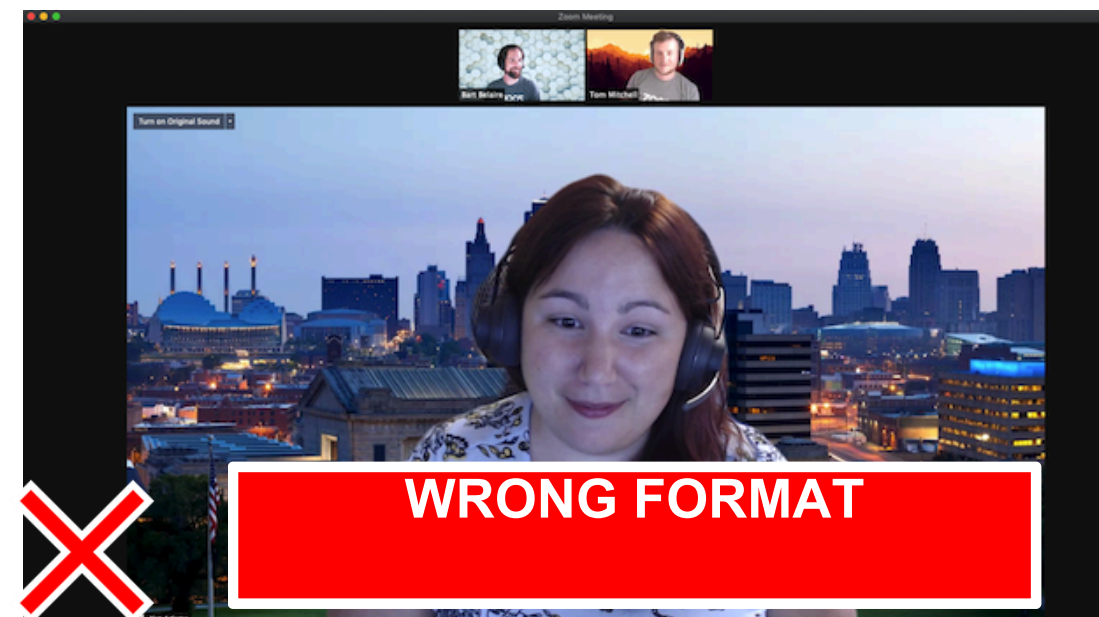
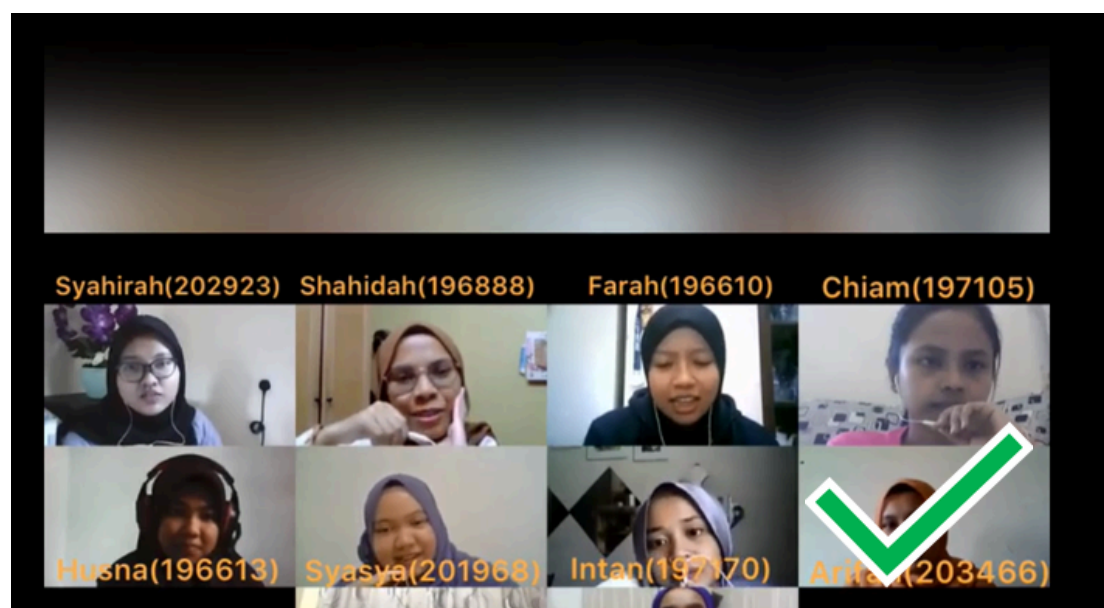
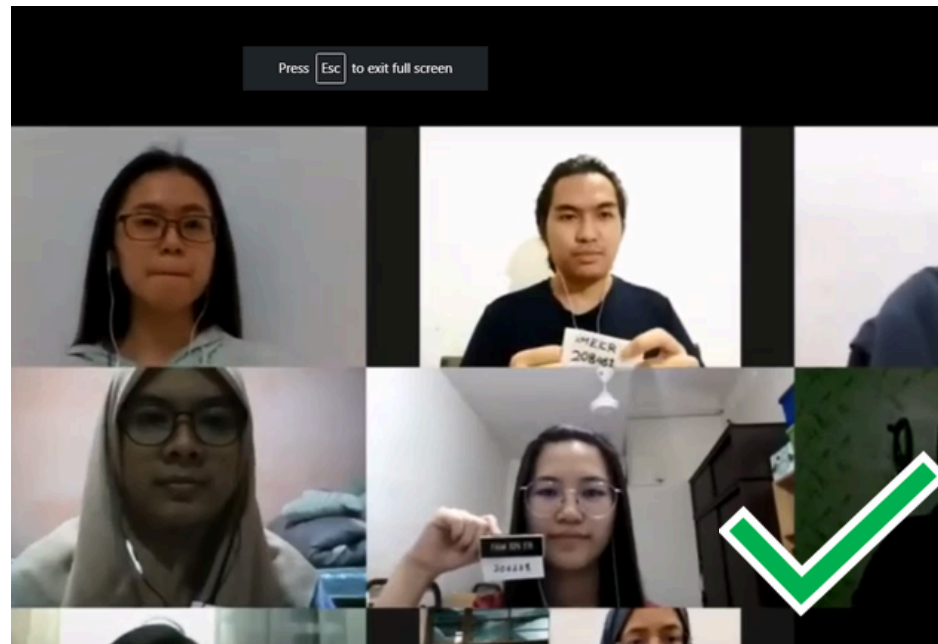
IMPORTANT NOTE: The video must feature all group members participating actively and speaking for at least 2 minutes.



Since LAX is conducted virtually, you need to ensure everyone's face appears on the screen throughout the discussion session.

- Ensure that everyone appears on the screen throughout the discussion.
- The recording must be done in gallery view format.

***Do not submit an individual video or a video which merged a group video and an individual video.**



VISIT THE LAX WEBSITE/ PUTRABLAST AND ENSURE THAT YOU:

Print out

print out the Timeline from the LAX website so that you know what to do and what to submit throughout the 12 weeks,

Print out

print out the Weekly Submission Schedule from the website to avoid missing a deadline,

Check out

check out your instructor's welcome note from PutraBlast. If you are the group leader, check out the group's Google Drive Link in the instructor's welcome note and join the group Google Drive A.S.A.P using only your UPM student email.

Post

post your details (contact information, email address, etc.) in PutraBlast, so that you can find your other group members

Contact

contact all group members and set up the date and venue for your group meeting.

Check out

check out the Instructor List in the website or PutraBlast and get your instructor's contact details

WHAT TO DO?

- Only group leader (**with UPM student email**) should submit:
 - the Submission Form and video in Google Drive
 - a copy of the Submission Form in the assignment post in PutraBlast before the deadline.
- Please refer to the Timeline for tasks that need to be done. Take note that tasks for LAX conducted virtually might differ from the tasks assigned for face-to-face LAX.

IMPORTANT NOTE: Submission Forms should be turned in via PutraBlast before the deadline. Submission Forms that are posted after the deadline or emailed to the instructor will be rejected.

WHAT TO DO?

Decide on

Decide on the day, date and time of the meeting. Send your meeting invitation.

Join

Join the meeting using your full names as stated in the SMP. (e.g., Names such as iPhone, Huawei etc. and nicknames are not acceptable).

Turn on

Turn on your face cam, and you must be visible throughout the meeting as proof of attendance. Refer to your instructors if you do not have the ability to do so.



THE GROUP LEADER SHOULD:

UPLOAD

Upload the group discussion video and submission form onto Google Drive via the submission link given by his/her instructor.

TURN IN

Turn in a copy of the Submission Form via PutraBlast before the submission deadline. Only ONE submission is required in Google Drive and PutraBlast each week.

How To Submit Your LAX Video and Submission Form on Google Drive

STEP 1: Check your PutraBlast

learninghub.upm.edu.my/blastdk/course/view.php?id=843

UPM PutraBLAST

PUTRABLASTDK SESI 1, 2021/2022

WELCOME TO LAX 2007 FOR SEMESTER 1 (2021-2022)

Dear students,

Welcome to LAX 2007 for Semester 1 (2021-2022)!

Please be informed that LAX activities will continue to be conducted fully via the virtual mode.

Take note that starting this semester, LAX will utilise PutraBlast and Google Drive Storage instead of Edmodo.

These are the new LAX procedures:

1. Check PutraBlast. Identify and contact your group members. Create a WhatsApp group and set the date, time, and online platform for your first meeting.
2. Download all documents for this LAX activity from the official LAX BlogSpot: www.biglaxblog.blogspot.com
3. Go through the Briefing Slides, Weekly Submission Schedule, Timeline and other documents provided to help you understand your tasks.
4. Submit your work (Submission Form, discussion videos and any product, if any) before the deadline using the Google Drive link set for your group.
5. Ensure you are logged in using your UPM email address. Otherwise, you will not be able to access your Google Drive folder.

Google drive submission link: [CLICK HERE](#)

Submission Form download link: [CLICK HERE](#)

Blogspot link: <http://www.biglaxblog.blogspot.com>

If you have any enquiries, please contact me at wanfakhrul@upm.edu.my or send an email to laxteam.upm@gmail.com

Have Fun with LAX.

Mr. Wan Fakhrul Syakirin

Make sure that you are in the right group & read the instructions carefully

You can download the submission form & submit your videos here

STEP 2: Sign in to UPM email

https://drive.google.com/drive/folders/1YGR0XPEGrVUjbmmdz0hJloqQwx3tMmd

Drive

GROUP 50 - LAX2007 S1 21/22

Files

Name ↑

Sign in to your UPM email, this will allow you to upload your files

Sign in

DOWNLOAD ALL

IMG_0470.MOV

LAX2007_G50_GDV1_...

LAX2007_G50_GDV2_...

LAX2007_G50_GDV3_...

LAX2007_G50_GIV1_...

LAX2007_G50_GIV2_...

LAX2007_G50_GIV3_...

LAX2007_G50_GRV1_...

LAX2007_G50_GRV2_...

LAX2007_G50_GRV3_...

LAX2007_G50_LDV_S...

LAX2007_G50_SF_W3...

LAX2007_G50_SF_W3...

LAX2007_G50_SF_W4...

LAX2007_G50_SF_W5...

LAX2007_G50_SF_W6...

LAX2007_G50_SF_W7...

LAX2007_G50_SF_W9...

LAX2007_G50_SF_W1...

LAX2007_G50_SF_W1...

STEP 3: Start uploading

The screenshot shows the Google Drive web interface. The address bar displays the URL: <https://drive.google.com/drive/folders/1YGR0XPEGrjVUjBwmdz0hJloqQwx3tMmd>. The page title is "Shared with me > LAX2007 WAN FAKHRUL SYAKIRIN > GROUP 50 - LAX2007 S1 21/22". The left sidebar contains navigation options: "New" (circled in red with a red arrow), "Priority", "My Drive", "Shared drives", "Shared with me", "Recent", "Starred", "Trash", and "Storage" (7.17 GB used). The main content area shows a grid of files. A red text overlay with a white outline reads "Click here to start uploading your files" and points to the "New" button. The files in the grid include several PDF documents titled "LAX2007_G50_SF_W11_SEM...", "LAX2007_G50_SF_W10_SEM...", "LAX2007_G50_SF_W9_SEM...", "LAX2007_G50_SF_W7_SEM...", "LAX2007_G50_SF_W6_SEM...", "LAX2007_G50_SF_W5_SEM...", "LAX2007_G50_SF_W4_SEM...", and "LAX2007_G50_SF_W3_SEM...", as well as video files titled "LAX2007_G50_LDV_SEM1(...)", "LAX2007_G50_GRV3_SEM...", and "LAX2007_G50_GRV2_SEM...".

STEP 4: Select the files to be uploaded

The screenshot shows the Google Drive web interface. The left sidebar contains a menu with options: Folder, File upload, Folder upload, Google Docs, Google Sheets, Google Slides, Google Forms, More, Trash, and Storage. The 'File upload' option is circled in red, and a red arrow points to it. A red text overlay reads: "Click on File Upload & select the files you want to upload". The main area shows a folder named "GROUP 50 - LAX2007 S1 21/22" containing several PDF files and one MP4 file. The files are listed in a table with columns for file name, last modified date, and file size.

	Last modified	File size
X2007_G50_SF_W11_SEM1(21.22).pdf	Jan 8, 2022 Anis Fauzah	36 KB
X2007_G50_SF_W10_SEM1(21.22).pdf	Dec 28, 2021 izzati barry	31 KB
X2007_G50_SF_W9_SEM1(21.22).pdf	Dec 25, 2021 natasha	36 KB
X2007_G50_SF_W8_SEM1(21.22).pdf	Nov 29, 2021 izzati barry	31 KB
X2007_G50_SF_W6_SEM1(21.22).pdf	Nov 23, 2021 izzati barry	31 KB
LAX2007_G50_SF_W5_SEM1(21.22).pdf	Nov 18, 2021 natasha	36 KB
LAX2007_G50_SF_W4_SEM1(21.22).pdf	Nov 14, 2021 izzati barry	31 KB
LAX2007_G50_SF_W3_SEM1(21.22).pdf	Nov 14, 2021 NUR HAIFA JULIA ...	31 KB
LAX2007_G50_SF_W3_SEM1(21.22)	Feb 18, 2022 me	—
LAX2007_G50_LDV_SEM1(21.22).mp4	Jan 8, 2022 Anis Fauzah	247.4 MB
LAX2007_G50_GRV3_SEM1(21.22).MOV	Dec 28, 2021 izzati barry	325 MB

STEP 5: Check your submission

The screenshot shows a Google Drive interface with a folder named "GROUP 50 - LAX2007 S1 21/22". The files are listed in a table with columns for Name, Last modified, and File size. Two groups of files are circled in red: a group of PDF files and a group of video files. A central red text instruction is flanked by two red arrows pointing to these circled groups.

Name	Last modified	File size
LAX2007_G50_SF_W11_SEM1(21.22).pdf	Jan 8, 2022 Anis Fauzah	36 KB
LAX2007_G50_SF_W10_SEM1(21.22).pdf	Dec 28, 2021 izzati barry	31 KB
LAX2007_G50_SF_W9_SEM1(21.22).pdf	Dec 25, 2021 natasha	36 KB
LAX2007_G50_SF_W7_SEM1(21.22).pdf	Nov 29, 2021 izzati barry	31 KB
LAX2007_G50_SF_W6_SEM1(21.22).pdf	Nov 23, 2021 izzati barry	31 KB
LAX2007_G50_SF_W5_SEM1(21.22).pdf	Nov 18, 2021 natasha	36 KB
LAX2007_G50_SF_W4_SEM1(21.22).pdf	Nov 14, 2021 izzati barry	31 KB
LAX2007_G50_SF_W3_SEM1(21.22).pdf	Nov 14, 2021 NUR HAIFA JULIA ...	31 KB
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LAX2007_G50_GRV3_SEM1(21.22).MOV	Dec 28, 2021 izzati barry	325 MB
LAX2007_G50_GRV2_SEM1(21.22).MOV	Nov 23, 2021 izzati barry	234.5 MB
LAX2007_G50_GRV1_SEM1(21.22).mov	Nov 14, 2021 NUR HAIFA JULIA ...	1.08 GB
LAX2007_G50_GIV3_SEM1(21.22).MOV	Dec 25, 2021 natasha	452.9 MB

Double check that your video and submission form have been safely uploaded & labelled correctly to the latest format

Assessment

A) Attendance (100%)

- 80% and above
- Recorded based on students' p
- Students are **not required to sign or submit any attendance forms.**
- Students must submit their MCs or excuse letters (if any) if they fail to attend the briefing session or any of the group discussion sessions to avoid from being awarded a zero for attendance.

Assessment

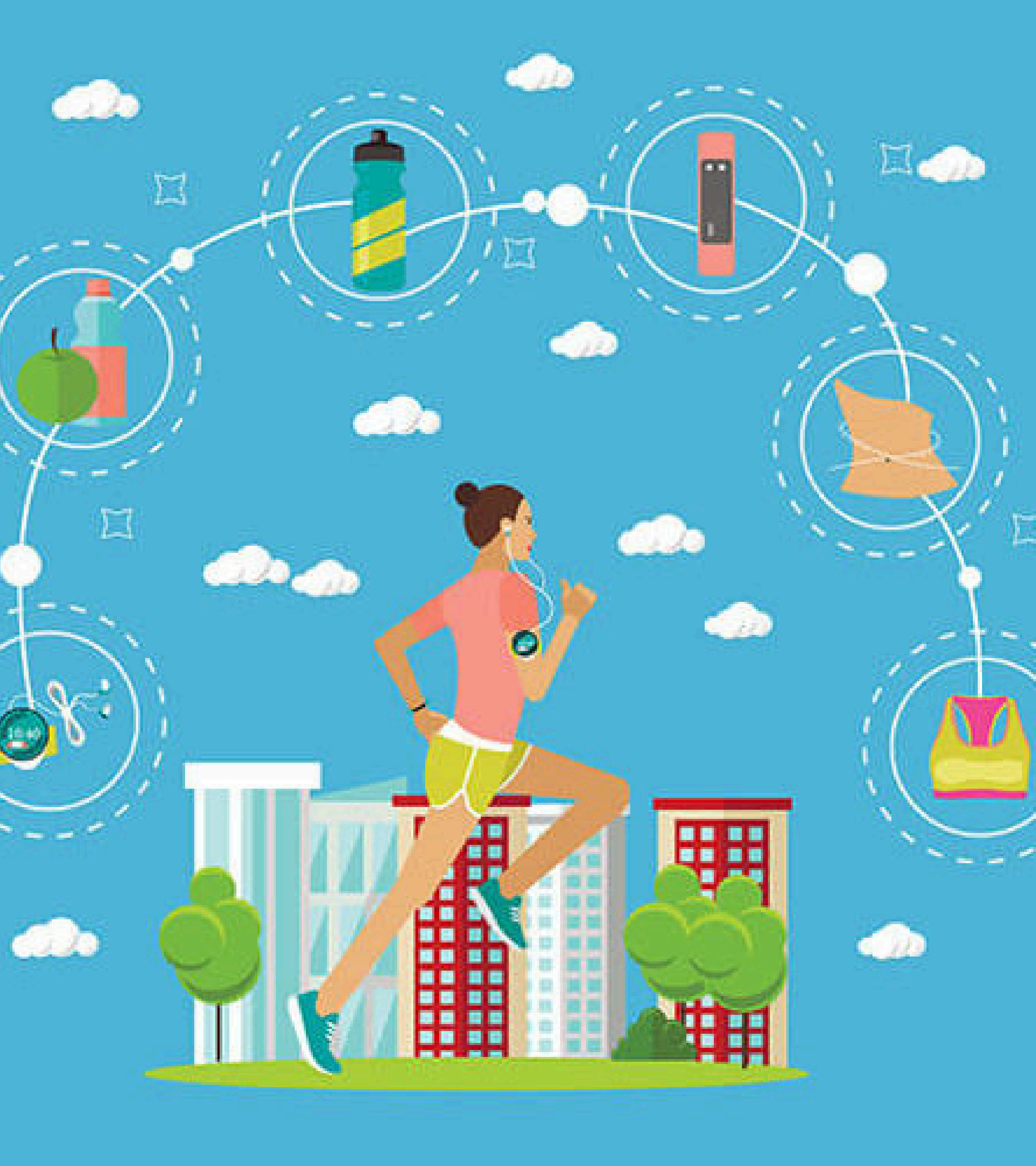
B) Completion of weekly task(s) (100%)

- Submission of all tasks before the weekly deadline
- Active participation in the group discussions

$$(A) 100\% + (B) 100\% / 2 = 100\%$$

80% and above : M (Memuaskan / Satisfactory = Pass)

79% or lower : TM (Tidak Memuaskan/ Non satisfactory = Fail)



Any Questions?

Please check out the FAQ section on the website.

If you still cannot find the answer to your question, please contact your instructor directly or send an email to laxteam.upm@gmail.com