**Major Project 2- Excel – 150 Points**

**Purpose & Introduction.** Thus far in K200 you have been working out of the textbook following step-by-step instructions to create and edit workbooks. This helped you learn skills in creating and editing workbooks in Excel. Now you will need to use those learned skills to complete the below projects.

There are three parts to Major Project #2 - Excel: **Part 1-Skills Review**; **Part 2-K200 Grade Projection Workbook**; and **Part 3-Food Log**. Each will require you to apply what you have learned about Excel.

**Student Data Files.** You will find the needed assignment files on the [All Project Due Dates](https://k200.publichealth.indiana.edu/dpp-due-dates.html) Webpage listed under Major Project #2 - Excel.

**Submit for Grading.** Electronic copies of the major project files must be in the **Major Project #2 - Excel** section inCanvas Assignments by ***11:59 pm. Wednesday, March 5, 2025****.* If your work is not in the correct section, it will not be graded. You will not submit any printed material.

Files to be submitted:

1. **Lastname\_Firstname\_exl01\_SRFitness.xlsx**.
2. **Lastname\_Firstname\_K200\_Grade\_Projection.xlsx;** and
3. **Lastname\_Firstname\_Food\_Log.xlsx**.

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**TASKS: Part 1-Skills Review; Part 2-K200 Grade Projection Workbook; and Part 3-Food Log**

**Part 1 – Skills Review, pgs. 343-345**

*Assess Skills: 1. Creating formulas; 2. Formatting cells; 3. Naming worksheets*

Begin with a blank Excel workbook and follow the instructions given on pages 343-345 of your *Skills for Success with Microsoft® Office 2019 Volume 1* textbook. You will submit the finished workbook **Lastname\_Firstname\_exl01\_SRFitness.xlsx** to the **Major Project #2 – Excel** section ofAssignments in Canvas.

This part is worth 20 points.

**Criteria for Success: Grading Rubric:**

* Create appropriate formulas. *(-10 for each formula missing or incorrect)*
* Create given formatting. *(-10 if not done)*
* The worksheet is properly named. *(-10 if not done)*
* No grammar or spelling errors – run a spell check. *(-5 if not done)*
* File has proper name: **Lastname\_Firstname\_exl01\_SRFitness.xlsx.** *(-10 if incorrect)*
* Submitted to Major Project #2 – Excel in Assignments. *(-20 if not done)*

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**Part 2 – K200 Grade Projection Workbook**

*Assess Skills: 1. Applying proper formatting; 2. Locating and using data from the class Website; 3. Using Excel for data collection and critical thinking.*

In Part 2 – K200 Grade Projection Workbook you will create an Excel workbook that will help you calculate your final grade for the course. **NOTE: THIS PROJECT PART DOES NOT GUARANTEE YOUR FINAL GRADE!** A lot can happen between now and the end of class. This part is merely a tool for you to evaluate how well you are currently doing in the course. Read through the Proposed Workflow below to help you create the K200 Grade Projection Workbook.

This part is worth 65 points.

***TRANSPOSE NOTE:*** *If you wish can transpose the rows and the columns. Follow these instructions copied from the class Website:* [*FOR MAJOR PROJECT #2 - Excel - Transpose (rotate) data from rows to columns or vice versa*](https://support.office.com/en-ie/article/transpose-rotate-data-from-rows-to-columns-or-vice-versa-3419f2e3-beab-4318-aae5-d0f862209744)

**Proposed Workflow:**

* *Remember to save your work every five minutes at the least!!*
* Download then open the file ***k200-grade-projection-2025.xlsx***.
  + *Honors Sections*: Download and use ***honors-k200-grade-projection-2025.xlsx***
* Save the file as **Lastname\_Firstname\_K200\_Grade\_Projection.xlsx.**
* Rename Sheet1 to **K200 Grade Projection**.
* Give the sheet tab a color you like.
* *OPTIONAL for Ms. Lion’s Sections*: You may try to transpose the spreadsheet if you wish. See above Transpose Note.
* Insert three new rows *above* the given project labels and data already in the workbook.
  + The three new rows will become the top three rows.
  + In the first row, type **Your Name**.
  + In the second row, type the page title **K200 Grade Projection**.
  + Format both your name and K200 Grade Projection Workbook so it is different and stands out from the labels and data given below.
  + Make sure there is one blank row above the gradebook labels and data.
  + Put your name in the Student Name: column ***under*** Possible Points. Yes, you are adding your name twice.
* The Points Possible row is to be used as a reference for the total possible number of points for each project.
  + The Points Possible row MUST be italicized. You can add other formatting if you like.
  + DO NOT reference this row when creating formulas!
* Format the given data and labels on the sheet. Format the sheet so it is easy to read. 
  + Row with project labels MUST have formatting applied to it! No default formatting.
  + Labels should be formatted differently than the data.
  + Nothing should be cut off by columns width or rows height.
    - Make columns wide enough so all words/numbers can be seen.
    - Make columns wide enough so words are not cut in half or are split over two or more lines.
    - Make rows tall enough so all words/numbers can be seen.
* Go to Grades in Canvas. You will now put your own assignment points in the Excel workbook in the spreadsheet.
* YOU MUST put YOUR points in the row with your name. When you make the below formulas, you will only use the numbers in your points row.
* Look at your K200 grades in Canvas. Where you have points for graded projects, type the number in the correct cell in the Excel file.
* For all projects not yet graded, give yourself the full credit (or 90% of the numbers) for the points in not graded assignments. Example: For Major Project #5 – Podcasting, give yourself the points given in Points Possible row. Yes, this means you will type the number again in your name row. Note: You may give yourself less if you prefer.
* YOU MUST have numbers in the Points Possible row AND your Name row that is under points possible.
* Create a total formula for the **Total Points Required Work** cell adding together all of required projects given on the worksheet.
  + Use ONLY the points in your name row.
* Extra Credit:
  + Add in any extra credit points you have done under **Extra Credit - Total Course** cell.
  + If you plan to do extra credit, add it.
  + If you are not doing extra credit type the number “0” as that will help with creating formulas. This is what the Point Possible row does.
* **NOTE:** For the below steps, look at Point Possible row to give you an idea on how to create your formulas. However, DO NOT add anything in the Points Possible row to your formulas.
* Create a total formula for the **Total Points of All Work** cell*. (****Hint:*** *You must use data from* ***Total Points Required Work*** *and* ***Extra Credit – Total Course*** *cells. Add the two cells together for your Points Total.)*
* Create a percentage formula in **Percentage of All Work for Final Grade**. (***Hint****:* Your formula will look something like this: =CELLNAME/2880)
  + [***NOTE:******If in Graduate or Honors sections,*** *formula should look like: =CELLNAME/4130].*
* Make sure the answer in **Percentage of All Work for Final Grade** has the Percentage style applied.
* Using the answer in the **Percentage of All Work for Final Grade** cell, go to [Grading Scale](https://k200.publichealth.indiana.edu/syllabusp200.html#gradescale) section of the syllabus on the syllabus on the K200 class website.
* Using the Grading Scale on the K200 Syllabus page, figure out your current projected grade.
  + ***Note:*** If you are not happy with your final grade projection, work harder/get help/do extra credit. If you are happy with your final grade projection, keep doing what you are doing.
* In the cell under **Final Course Grade**, type in the **L*etter grade*** (Example: B+) you would receive with the current points earned.
* Run a spell check.
* Save and submit file for grading.

**Criteria for Success: Grading Rubric:**

* Formatting makes the workbook easy to read and understand. If instructor/grader has to spend time to understand the work, points will be deducted. *(-10 if difficult to read or understand)*
* Three new rows were added above labels and data. *(-10 if incorrect)*
* Points Possible row is italicized and may have additional formatting than all other rows. *(-10 if incorrect)*
* Must have student name in PROJECTS: column under Points Possible row*. (-10 if incorrect)*
* The row under Points Possible row contains the student’s name and points from the K200 gradebook data in it.
* Name and page title K200 Grade Projection are on separate lines and above labels and data. *(-10 if incorrect)*
* There is one Blank row between title and labels and data. *(-10 if incorrect)*
* No columns or rows are covered, i.e., data and labels in cells are visible and not covered. Horizontal scrolling is FUN! *(-10 for each instance of covering)*
* The sheet tab has correct name and individual color. *(-10 if incorrect)*
* Created formulas to calculate totals in *Total Points Required Work* and *Total Points of All Work*. *(-20 if not done)*
  + *DO NOT REFERENCE ANYTHING FROM THE POINTS POSSIBLE ROW!*
  + *FILL IN ALL CELLS AND FORMUALS! Should look like the Points Possible row IF you are not doing extra credit.*
* Created percentage formula for *Percentage of All Work for Final Grade*. *(-20 if not done)*
* *Percentage of All Work for Final Grade* has the Percentage style applied. *(-20 if not done)*
* Used correct data from own grade book. *(-10 if incorrect)*
* Do NOT reference any cell in Points Possible row to make your formulas.
* Type in correct letter grades based on K200 Grading Scale. *(-20 if not done)*
* No grammar or spelling errors – run a spell check. *(-10 if not done)*
* File has proper name: **Lastname-Firstname-K200-Grade-Projection.xlsx.** *(-10 if incorrect)*
* Submitted to Major Project #2 – Excel in Assignments. *(-65 if not done)*

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**Part 3 - Food Log**

*Assess Skills: 1. Apply proper formatting; 2. Using Excel for data collection and critical thinking.*

For this project part you will create your own daily food log. You will record what you ate for one day; how many calories you ate; how many calories came from fat; and what percentage of calories from fat you ate.

Read through the Proposed Workflow below to help you create the Food Log Workbook. Also be sure to examine Project Part Helpers below the Proposed Workflow.

**BIG NOTE:** If filling out a food log about yourself or another person is stressful for you, then you can use the information given at the end of the document under **Special Note – Hulk Meals**.

This part is worth 65 points.

**Proposed Workflow:**

1. Open the Excel file **k200\_food\_log.xlsx**.
2. Save the workbook with the title **Lastname\_Firstname\_Food\_Log.xlsx**.
3. *Remember to save your work every five minutes at the least!!*
4. Change the worksheet name from Sheet1 to **My Food Log**.
5. Put your name in the second row replacing Firstname Lastname.
6. Make sure to put the name of the day you are recording in cell A5.
7. Format the headings, labels, and data so the information you put in the worksheet will be easy to read and understand.
8. Record all food eaten in one day.
9. For each new piece of food, add a row.
10. Use the food tracker headings in the workbook to find nutritional information about your food. ***Note****:* Make sure you have at least three food items listed.
11. Use The Calorie Counter - <http://www.thecaloriecounter.com/> to find the calories and calories from fat for the food you are recording.
    1. **Note:** You may use any calorie counter tool you wish.
    2. **For more information look at Finding Your Data in the Hulk Meals** section of these instructions.
12. Look at row 6 for an example of how to enter information AND see the formula in E6.
13. Fill in your food information following the example in row 6. Yes, you can delete the information in row 6. Please take note of the percentage formula in column E.
14. Once you have filled in all the information, you will need to make formulas.
15. In the Total row using formulas, calculate:
    1. Total number of calories you have eaten,
    2. Total number of calories from fat, and
    3. The *percentage* of calories from fat. NOTE: You will continue the percentage formula in column E into the Total Row.
16. Under the How I Did heading evaluate your day. Do you think you ate well? Why or why not? **Note**: This is not to judge you, just for you to reflect on yourself. The only time your teacher will worry is if you eat less than 800 calories a day. Then she will want to feed you.
17. Run a spell check.
18. Save your work.
19. Submit for grading.

**Criteria for Success: Grading Rubric:**

* Formatting makes workbooks easy to read and understand. Change color and font size to make life easy for the viewer. *(-20 if difficult to read or understand)*
* No columns or rows are covered. *(-10 for each instance of covering)*
* All headings listed above must be used. *(-10 if not done)*
* All headings must have corresponding data entered by the student. *(-10 if not done)*
* Percent of Calories from Fat MUST use a formula. *(-10 if not done)*
* Total calories MUST use a formula. *(-10 if not done)*
* Total Calories from Fat MUST use a formula. *(-10 if not done)*
* No grammar or spelling errors – run a spell check. *(-10 if not done)*
* File has the correct name: **Lastname\_Firstname\_Food\_Log.xlsx**. *(-10 if incorrect)*
* Submitted to Major Project #2 – Excel in Assignments. *(-65 if not done)*

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**Special Note – Hulk Meals**

If you do not want to write about your own food or someone else’s how about Hulk? In *Avengers: Endgame* he has a few meals. Below I have listed what I see him eat for breakfast, lunch, and dinner.

**Finding Your Data**. Remember:

* 1. You can use any nutrition tracking/calorie counting system you want.
  2. You can copy and paste the items below into a search engine for the answers.
     + Example: Type “nutrition value in 48 oz of scrambled eggs” and press Enter.
     + The values will come up in a search.
  3. You can do this for anything listed below or in your own food log.

**Breakfast** *(36:57 into the movie)*:

* Scrambled Eggs – 48 oz
* Link Sausage – 48 oz
* Pancakes, Plain – 6 large
* Maple Syrup – 1 cup
* Butter – 1 cup
* Coffee, Black – 20 oz

**Lunch:** (*48:39 into the movie*):

* Hardshell tacos with refried beans, lettuce, tomato, onions, salsa – 4.   
  ***READ:*** In this scene we see Hulk give Scott Lang/Ant-Man two tacos. I figured that Hulk’s hands were so big he could easily hold six tacos. So, he gets four for this lunch.

**Dinner** (*1:04:09 into the movie*):

* Ben & Jerry’s Hunka-Hulka Burnin' Fudge Flavor – 2 Pints Container.   
  ***READ:*** In this scene we see Hulk eating some ice cream around a dinner with his friend’s discussing their mission. Since the flavor Hunka-Hulka Burnin’ Fudge does not exist in our universe, I have chosen [Milk Chocolate Chance – Link](https://www.benjerry.com/flavors/mint-chocolate-chance-ice-cream/pint). The flavor has mint and fudge and that look about right for Hulk. Click on the link to find out about this ice cream. Click Ingredients on the page to discover the nutritional values for your work. Now yes, I am saying it is a two-pint container cause one pint would get lost in Hulk’s hand.

**Anything Else? You decide.** What would you want to feed Hulk or see him eat? No, you don’t have to add anything else, but you can if you wish.