

OVERVIEW

Chantal Dosanjh is a 28 year old, Indo Canadian female who is about 6 months pregnant. This is going to be her first child. She is a 3rd grade elementary school teacher at Dr. F.D. Sinclair Elementary School in Surrey, B.C. She has been married for three years to her husband Vick Dosanjh who she is currently residing with. Chantal lives in a townhouse complex in Surrey.

DEMOGRAPHIC INFORMATION

Chantal Dosanjh is currently 28 years of age and in her 3rd trimester (6 months). Her husband Vick Dosanjh is 31 years of age and has been married to Chantal for 3 years. This is the couple's first child.

HOUSEHOLD AND LEISURE ACTIVITIES

Before her pregnancy Chantal was a social drinker that would go out with her friends and enjoy a drink here or there. As she is now pregnant and has been for some time Chantal cannot consume any alcoholic beverages. Most social outings have been replaced with fitness activities such as water aerobics and general fitness. Chantal is responsible for grabbing the groceries and cooking for her family. Chantal above all enjoys shopping for clothing across the border at the Seattle outlet malls. She prefers to relax by listening to music on her iPhone.

A DAY IN THE LIFE

A typical day for Chantal normally starts at 6:30 am when she is woken by her alarm clock and proceeds to get ready for the day. She bathes, dresses, eats and is in her 2005 Honda Accord by around 7:30 am. She arrives at school around 7:50 and proceeds to check over her activity plan for the day. The preparation for this day's class is always done the day before and so on. The children arrive and are in their desks by 8:30 am and class commences. For the next 5 hours Chantal is responsible for educating the children. By 3:00 pm class is over and all the children will have left for the day, Chantal uses the next half hour preparing for the next day.

She is home by 4:00 pm, but later if she has to go grocery shopping or run any errands. The rest of her day varies depending on whether or not Chantal is going to attend one of her weekly fitness classes. Chantal usually talks with her friends over the phone, or listens to music before her husband arrives. Chantal must also cook her families' meals as her husband is not home until 5:30 or 6:00 pm. After dinner, if there is time Chantal and her husband watch television and go to bed between 9:30 to 10:00 pm.

TECHNOLOGY ATTRIBUTES

Chantal has an iPhone 4 which she is capable of using with most of the basic features. She prefers to call as opposed to text, can operate the phones camera and email images to family and friends. She views her computer and music as mostly relaxing and views television as a neutral means of both enjoyment and frustration. Chantal mostly uses her mobile iPhone 4 to communicate with family and friends. For some school activities Chantal uses her computer to print out activity sheets for the children she teaches. Chantal views music as a way to calm herself down. Her time allows her minimal time to watch television. In terms of capabilities Chantal is capable of downloading apps onto her phone with minimal assistance.

GOALS, FEARS AND ASPIRATIONS

At this point in her life Chantal is quite happy with where she is. In terms of employment, Chantal believes she is in a stable situation and is not looking for advancement as of yet. Her short term goals are to finish up with the school year and prepare for maternity leave.

Chantal plans to teach up until the winter vacation which should take her just a few weeks within her due date. Chantal's biggest fear at this point would be directed towards her unborn child. She is taking all the precautions in order to ensure her child is healthy and the delivery isn't complicated. Chantal wants to be a good mother but right now can only do her best to take care of herself and make this few month span easier on herself. The focus of being a good mother would be more evident once she has given birth.

REASONS & MOTIVATIONS FOR YOGA

Chantals reasons for taking Yoga range from wanting to help make sure she does not gain excessive weight during the course of her pregnancy. Being a first time expecting mother Chantal wants to be prepared for the delivery itself by being in the best physical shape she can possibly be in. Chantal always has the chance to get out of the house and away from work by being with women that are in a similar predicament as her and she feels that is a great comfort for her. Chantal is also quite social and prefers to be out and about which the Yoga Group provides a means for.