

Healthy Living – Physical Activity Log

To increase fitness levels, it is recommended that teens get 30 minutes of vigorous intense physical activity 4 – 5 days a week. Physical Activity decreases the future risk of stroke, cardiovascular disease, and other major health factors such as obesity, high blood pressure, and diabetes. Physical activity can also help teens cope with anxiety and stress, and has been found to elevate a person’s mood and alleviate depression. Students will be required to keep a 2 week Activity Log, which will be turned in at the end of each Health Enhancement unit. These activities must occur outside the regular school day. Parental signatures are required to receive credit. It will be graded as follows:

<u>Total Minutes / 2 weeks</u>	
270 or more	10 pts
240 – 269	9 pts
210 – 239	8 pts
180 – 209	7 pts
150 – 179	6 pts
120 – 149	5 pts
90 – 119	4 pts
60 – 89	3 pts
30 – 59	2 pts
0 – 29	1 pt
Failure to turn in Activity Log	0 pts

Physical Activity Log

Name _____

Teacher _____ Per _____

Date	Physical Activity Description	Minutes
Mon	_____	_____
Tue	_____	_____
Wed	_____	_____
Thu	_____	_____
Fri	_____	_____
Sat	_____	_____
Sun	_____	_____
Week 1 Total		—————> _____
Mon	_____	_____
Tue	_____	_____
Wed	_____	_____
Thu	_____	_____
Fri	_____	_____
Sat	_____	_____
Sun	_____	_____
Week 2 Total		—————> _____
Total Minutes		—————> _____

Parent _____

Signature _____

