

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		

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