**PHYSICAL EDUCATION**

**ACTIVITY LOG**

**WEEKLY FITNESS AND ACTIVITY LOG**

**WEEK OF: (DATE)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**THIS WEEK’S GOALS**

**ACTIVITY/CARDIO – ULTIMATE GOAL IS 30 TO 60 MINUTES, 3 TIMES A WEEK**

**STRENGTH BUILDING- ULTIMATE GOAL IS 20 MINUTES, 2 OR 3 TIMES A WEEK**

**STRETCHING – ULTIMATE GOAL IS 10 TO 15 MINUTES, 3 OR MORE TIMES A WEEK**

**FOR EACH DAY OF THE WEEK, NOTE WHAT YOU DID AND HOW LONG YOU DID IT. INTENSITY= HARD-MEDIUM-EASY**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **DAY** | PHYSICAL ACTIVITY/CARDIO | STRENGTH BUILDING | STRETCHING  FOR EACH DAY ENTER HOW MANY MINUTES OF STRETCHING YOU DID | TOTAL TIME | DID YOU MEET YOUR GOAL |
| MONDAY | ACTIVITY:  HOW LONG:  INTENSITY: | EXERCISE:  HOW LONG? |  |  |  |
| TUESDAY | ACTIVITY:  HOW LONG:  INTENSITY: | EXERCISE:  HOW LONG? |  |  |  |
| WEDNESDAY | ACTIVITY:  HOW LONG:  INTENSITY: | EXERCISE:  HOW LONG? |  |  |  |
| THURSDAY | ACTIVITY:  HOW LONG:  INTENSITY | EXERCISE:  HOW LONG? |  |  |  |
| FRIDAY | ACTIVITY:  HOW LONG;  INTENSITY: | EXERCISE:  HOW LONG? |  |  |  |
| WEEKLY TOTALS |  |  |  |  |  |

**PHYSICAL EDUCATION**

**ACTIVITY LOG**

**EXAMPLE**

**WEEKLY FITNESS AND ACTIVITY LOG**

**WEEK OF: (DATE)\_\_\_\_\_\_AUGUST 17TH, 2020\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**THIS WEEK’S GOALS**

**ACTIVITY/CARDIO – ULTIMATE GOAL IS 30 TO 60 MINUTES, 3 TIMES A WEEK**

**STRENGTH BUILDING- ULTIMATE GOAL IS 20 MINUTES, 2 OR 3 TIMES A WEEK**

**STRETCHING – ULTIMATE GOAL IS 10 TO 15 MINUTES, 3 OR MORE TIMES A WEEK**

**FOR EACH DAY OF THE WEEK, NOTE WHAT YOU DID AND HOW LONG YOU DID IT. INTENSITY= HARD-MEDIUM-EASY**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **DAY** | PHYSICAL ACTIVITY/  CARDIO | STRENGTH BUILDING | STRETCHING  FOR EACH DAY ENTER HOW MANY MINUTES OF STRETCHING YOU DID | TOTAL TIME | DID YOU MEET YOUR GOAL |
| MONDAY | ACTIVITY: WALKING  HOW LONG; 30 MINUTES  INTENSITY: MEDIUM | EXERCISE:  HOW LONG? | 10 MINUTES | 40 MINUTES | YES |
| TUESDAY | ACTIVITY: RUNNING  HOW LONG? 30 MINUTES  INTENSITY: EASY | EXERCISE:  HOW LONG? | 10 MINUTES | 40 MINUTES | YES |
| WEDNESDAY | ACTIVITY: WALKING  HOW LONG? 30 MINUTES  INTENSITY: EASY | EXERCISE:  PUSHUPS/SITUPS  HOW LONG? 10 MINUTES | 10 MINUTES | 50 MINUTES | YES |
| THURSDAY | ACTIVITY: STRENGTH BUILDING  HOW LONG? 60 MINUTES  INTENSITY:  HARD | EXERCISE:  LIFTING WEIGHTS  HOW LONG? 60 MINUTES | 10 MINUTES | 70 MINUTES | YES |
| FRIDAY | ACTIVITY: SKATEBOARDINGRUNNING  HOW LONG? 30 MINUTES  INTENSITY:  MEDIUM | EXERCISE:  HOW LONG? | 10 MINUTES | 40 MINUTES | YES |
| WEEKLY TOTALS | 180 MINUTES | 70 MINUTES | 50 MINUTES | 300 MINUTES | YES |