Name:

Date:

School:

Facilitator:

1.02 Activity Log

Total Points: 24

# Physical Activity

## ****Track your activity by completing the information. Remember, you are completing this workout two times.****

## Workout 1: Physical activity- 25 minutes of walking/jogging and 10 minutes of stretching/cooldown.

1. What stretching exercises did you choose?
2. What time of day did you exercise (example 2-3pm)?
3. How far did you walk or jog?
4. What was your heart rate?
5. Were you in your heart rate zone?
6. How did you feel after the workout?

## Workout 2: Physical activity- 25 minutes of walking/jogging and 10 minutes of stretching/cooldown.

1. What stretching exercises did you choose?
2. What time of day did you exercise (example 2-3pm)?
3. How far did you walk or jog?
4. What was your heart rate?
5. Were you in your heart rate zone?
6. How did you feel after the workout?

# Reflection Questions

**After you complete the activity log, answer the reflection questions.**

1. What did you like about working out? Explain.

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| **Answer the question below using complete sentences.** |
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1. What can you do to improve in your workout? Explain.

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| --- |
| **Answer the question below using complete sentences.** |
|  |

1. What goal would you like to set for future workouts?

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| --- |
| **Answer the question below using complete sentences.** |
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