Name:

Date:

School:

Facilitator:

2.03 Activity Log

Total Points: 54

# Physical Activity

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

## Workout 1: Physical activity- 45 minutes of warm-up, jogging, jump rope, and 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 and/or jog?
4. What was your heart rate?
5. Were you in your heart rate zone?
6. How did you feel after completing the flexibility exercise?
7. How did you feel after completing the jump rope exercise?

## Workout 2: Physical activity- 45 minutes of warm-up, jogging, jump rope, and 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 and/or jog?
4. What was your heart rate?
5. Were you in your heart rate zone?
6. How did you feel after completing the flexibility exercise?
7. How did you feel after completing the jump rope exercise?

# 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.** |
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1. What can you do to improve in your workout? Explain.

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| **Answer the question below.** |
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1. What goal would you like to set for future workouts?

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| **Answer the question below.** |
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