Name:

Date:

School:

Facilitator:

2.04 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, jump rope, jogging 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 after jumping rope?
5. Were you in your heart rate zone?
6. What was your heart rate after cooldown?
7. How did you feel after the workout?

## Workout 2: Physical activity- 45 minutes of warm-up, jump rope, jogging 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 after jumping rope?
5. Were you in your heart rate zone?
6. What was your heart rate after cooldown?
7. 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.**  |
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1. What can you do to improve in your work out? 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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