Name:

Date:

School:

Facilitator:

3.04 Activity Log

Total Points: 40

# 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, cardio activity, and cooldown.

1. What activity did you choose for:
   1. Warm-up
   2. Cooldown
2. What cardio activity did you choose?
3. What time of day did you exercise (example 2-3pm)?
4. What was your heart rate?      
   1. Were you in your heart rate zone?
5. What pedometer, accelerometer, or heart rate monitor device did you use?
6. What was your Perceived Exertion Level using the BORG scale?

## Workout 2: Physical activity- 45 minutes of warm-up, cardio activity, and cooldown.

1. What activity did you choose for:
   1. Warm-up
   2. Cooldown
2. What cardio activity did you choose?
3. What time of day did you exercise (example 2-3pm)?
4. What was your heart rate?      
   1. Were you in your heart rate zone?
5. What pedometer, accelerometer, or heart rate monitor device did you use?
6. What was your Perceived Exertion Level using the BORG scale?

# Reflection Questions

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

1. How did you feel about the activity you chose? Explain.

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| **Answer the question using complete sentences.** |
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1. What did you like about working out? Explain.

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

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