Name:

Date:

School:

Facilitator:

5.03 Activity Log

Total Points: 50

# Physical Activity

**Track your activity by completing the information. Remember, you are completing five workouts.**

## ****Workout 1-5:****

1. **Enter the activities you chose for each component of your workouts.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Warm-up** | **Cooldown** | **Activity 1** | **Activity 2** | **Activity 3** | **Activity 4** |
| **Day 1** |  |  |  |  |  |  |
| **Day 2 Cardio** |  |  |  |  |  |  |
| **Day 3** |  |  |  |  |  |  |
| Station 1 |  |  |  |  |  |  |
| Station 2 |  |  |  |  |  |  |
| Station 3 |  |  |  |  |  |  |
| Station 4 |  |  |  |  |  |  |
| Station 5 |  |  |  |  |  |  |
| Station 6 |  |  |  |  |  |  |
| Station 7 |  |  |  |  |  |  |
| Station 8 |  |  |  |  |  |  |
| Station 9 |  |  |  |  |  |  |
| Station 10 |  |  |  |  |  |  |
| **Day 4 Cardio** |  |  |  |  |  |  |
| **Day 5** |  |  |  |  |  |  |

1. Did you have to perform any modifications to your workouts? Explain

# Reflection Questions

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

1. Which strength training workouts do you like better? Muscular strength or muscular endurance? Why?

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

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

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

1. What can you do to improve in your workouts? Explain.

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

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

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