Name:

Date:

School:

Facilitator:

7.01 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, cardiovascular endurance assessment activity, activity of your choice, and cooldown.

1. What activity did you choose for:
   1. Warm-up
   2. Cooldown
2. Aerobic Cardiovascular Endurance:
   1. Zone:
3. Activity of your choice:

## Workout 2: Physical activity- 45 minutes of warm-up, cardiovascular endurance assessment activity, activity of your choice, and cooldown.

1. What activity did you choose for:
   1. Warm-up
   2. Cooldown
2. Aerobic Cardiovascular Endurance:
   1. Zone:
3. Activity of your choice:

# Reflection Questions

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

1. How did you feel about how you did on the practice Aerobic Cardiovascular Endurance assessment?

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

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

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

1. What goal would you like to set for your cardiovascular endurance?

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