Name:

Date:

School:

Facilitator:

8.01 Activity Log

Total Points: 50

# Physical Activity

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Warm-up** | **Cooldown** | **Activity 1** | **Activity 2** | **Activity 3** |
| **Day 1** |  |  |  |  |  |
| **Day 2** |  |  |  |  |  |
| **Day 3** |  |  |  |  |  |

# Reflection Questions

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

1. How did you feel about your personal cardiovascular endurance plan?

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

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

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

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

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

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

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