

# Fitness Journal Reflection

Due Date: \_\_\_\_\_

**Directions:** Log the physical activity you engage in after school for 5 days. You should list the activities you engage in per day and write down how many minutes you spent participating in each activity. The CDC (Centers for Disease Control and Prevention) and NASPE (National Association for Sport and Physical Education) recommend at least 60 minutes of physical activity per day. For this assignment, it is not necessary to receive 60 minutes of physical activity. We ask that you at least get 15 minutes of physical activity per day. During your activities after school, it would be great if you were able to get your family involved, but isn't necessary. After listing the activities for each day, complete a short reflection listing your thoughts and how you did in each activity. After completing your weekly fitness journal, complete the 'student self-check' at the bottom to make sure you fully completed the assignment. Completing the 'activity' and 'duration' section for each day is worth 10 points and your reflection for each day is worth another 10 points. Complete your fitness journal on the back of this sheet.

Listed below is an example of how the weekly fitness journal should look:

<b>Saturday</b>	<b>Date: 9/12/15</b>	<b>Sunday</b>	<b>Date: 9/13/15</b>
<b>Activity 1:</b> Softball Intramurals	<b>Duration:</b> 120 minutes	<b>Activity 1:</b> Pulled weeds	<b>Duration:</b> 5 minutes
<b>Activity 2:</b> vacuum house	<b>Duration:</b> 40 minutes	<b>Activity 2:</b> Went swimming	<b>Duration:</b> 15 minutes
<b>Activity 3:</b>	<b>Duration:</b>	<b>Activity 3:</b> played football	<b>Duration:</b> 30 minutes
<b>Activity 4:</b>	<b>Duration:</b>	<b>Activity 4:</b>	<b>Duration:</b>
<b>Evaluate/Reflect:</b> Completed a warm-up relay race around the bases. Worked on fielding groundballs in the infield and fly balls in the outfield. Arms were a little sore tonight.		<b>Evaluate/Reflect:</b> Helped my parents pull weeds in our flower garden. Rewarded myself with swimming. Then I played a pick-up football game with friends in my neighborhood. My legs were feeling a little tight – I need to stretch tomorrow☺	
<b>Monday</b>	<b>Date: 9/14/15</b>	<b>Tuesday</b>	<b>Date: 9/15/15</b>
<b>Activity 1:</b> PE Warm-up	<b>Duration:</b> 10 minutes	<b>Activity 1:</b> Mowed the lawn	<b>Duration:</b> 30 minutes
<b>Activity 2:</b> On-line video	<b>Duration:</b> 7 minutes	<b>Activity 2:</b> Rode Bike	<b>Duration:</b> 15 minutes
<b>Activity 3:</b> Just Dance Xbox	<b>Duration:</b> 20 minutes	<b>Activity 3:</b> Wii Tennis	<b>Duration:</b> 20 minutes
<b>Activity 4:</b> Dance Practice	<b>Duration:</b> 1 hour	<b>Activity 4:</b> raked leaves	<b>Duration:</b> 35 minutes
<b>Evaluate/Reflect:</b> Warm-up of lunges, high knees & stretches; PE website video; I take a dance class 2 days a week. I felt great afterwards.		<b>Evaluate/Reflect:</b> I mowed the lawn with a push mower while my grandpa used the weed eater. After yard work, rode my bike with my brother. Played Wii with a friend.	
<b>Wednesday</b>	<b>Date: 9/16/15</b>	<b>Thursday</b>	<b>Date: 9/17/15</b>
<b>Activity 1:</b> Ran the track	<b>Duration:</b> 17 minutes	<b>Activity 1:</b> Softball game	<b>Duration:</b> 60 minutes
<b>Activity 2:</b> Used elliptical	<b>Duration:</b> 30 minutes	<b>Activity 2:</b> Football game	<b>Duration:</b> 60 minutes
<b>Activity 3:</b> chopped wood	<b>Duration:</b> 30 minutes	<b>Activity 3:</b> washed 2 cars	<b>Duration:</b> 90 minutes
<b>Activity 4:</b>	<b>Duration:</b>	<b>Activity 4:</b>	<b>Duration:</b>
<b>Evaluate/Reflect:</b> Felt a little stressed before my run, but felt great afterwards. My new shoes felt great on my feet. Used the elliptical afterwards because it was easier on my knees.		<b>Evaluate/Reflect:</b> Had a softball game at 2pm. Beat the opponent and moved to a 3-0 record! I then had a flag football game and my team won 21-7. Washed my brother's car and mom's SUV – my arms were so tired after doing both vehicles.	

Name \_\_\_\_\_ Grade \_\_\_\_\_ Track \_\_\_\_\_ Period \_\_\_\_\_

Teacher: \_\_\_\_\_ Activity Days Required This Cycle: \_\_\_\_\_

<b>Saturday</b>	<b>Date:</b>		<b>Sunday</b>	<b>Date:</b>	
<b>Activity 1:</b>		<b>Duration:</b>	<b>Activity 1:</b>		<b>Duration:</b>
<b>Activity 2:</b>		<b>Duration:</b>	<b>Activity 2:</b>		<b>Duration:</b>
<b>Activity 3:</b>		<b>Duration:</b>	<b>Activity 3:</b>		<b>Duration:</b>
<b>Activity 4:</b>		<b>Duration:</b>	<b>Activity 4:</b>		<b>Duration:</b>
<b>Evaluate/Reflect:</b>			<b>Evaluate/Reflect:</b>		
<b>Monday</b>	<b>Date:</b>		<b>Tuesday</b>	<b>Date:</b>	
<b>Activity 1:</b>		<b>Duration:</b>	<b>Activity 1:</b>		<b>Duration:</b>
<b>Activity 2:</b>		<b>Duration:</b>	<b>Activity 2:</b>		<b>Duration:</b>
<b>Activity 3:</b>		<b>Duration:</b>	<b>Activity 3:</b>		<b>Duration:</b>
<b>Activity 4:</b>		<b>Duration:</b>	<b>Activity 4:</b>		<b>Duration:</b>
<b>Evaluate/Reflect:</b>			<b>Evaluate/Reflect:</b>		
<b>Wednesday</b>	<b>Date:</b>		<b>Thursday</b>	<b>Date:</b>	
<b>Activity 1:</b>		<b>Duration:</b>	<b>Activity 1:</b>		<b>Duration:</b>
<b>Activity 2:</b>		<b>Duration:</b>	<b>Activity 2:</b>		<b>Duration:</b>
<b>Activity 3:</b>		<b>Duration:</b>	<b>Activity 3:</b>		<b>Duration:</b>
<b>Activity 4:</b>		<b>Duration:</b>	<b>Activity 4:</b>		<b>Duration:</b>
<b>Evaluate/Reflect:</b>			<b>Evaluate/Reflect:</b>		

Activity/Duration – Student/Self Check      Reflection – Student/Self Check      Grade/Points Assigned by Teacher

Day 1 \_\_\_\_\_ of 10 pts

Day 1 \_\_\_\_\_ of 10 pts

Day 2 \_\_\_\_\_ of 10 pts

Day 2 \_\_\_\_\_ of 10 pts

Day 3 \_\_\_\_\_ of 10 pts

Day 3 \_\_\_\_\_ of 10 pts

Day 4 \_\_\_\_\_ of 10 pts

Day 4 \_\_\_\_\_ of 10 pts

Day 5 \_\_\_\_\_ of 10 pts

Day 5 \_\_\_\_\_ of 10 pts

Total Points \_\_\_\_\_

