



Lifetime Fitness






Be Fit Checklist- Activity Log



Name _____ Period _____

Directions: Save this log (perhaps to your desktop) and each week upload the completed log to the Canvas Assignment or take a pic and email it to me. **Include parent signature.**

Record 5 to 6 days of physical activity in the table below with the following information using the **corresponding numbers** and **abbreviations** as shown below for: Date--Activity -- Intensity Level--Heart Rate--Time—Endorphin Level--Health Related Component 

- **Sample Activities:**(1) Fast Walking (2) Swimming (3) Roller blading (4) Jogging (5) Aerobics, (6) Skateboarding (7) Rope Jumping (8) Weightlifting (9) Dancing (10) Soccer (11) Volleyball (12) Basketball (13) Bike riding (14) Other (write in what activity it was)
- **Intensity Levels:** 2 thru 5. (2=walk level; 3= jog level; 4=run level; 5 =sprint level). 
- **Heart Rate:** Count the number of strong beats for **6 seconds** as you watch a timer.
- **Time:** how long you performed the activity.
- **Endorphin Level after exercise:** (3) feeling pretty darn good, happy, upbeat, relaxed. (2) mainly a sense of stress release, calming effect, relaxed (1) sort of ho hum feeling, like maybe I could have done more to achieve the feel good-relaxed sensation. 
- **Health Component Abbreviations:** CE = cardiovascular, MS = muscular strength, ME = muscular endurance, F =flexibility,

Date	Activity Description	Perceived Intensity Level	Heart Rate-after exercise	Time	Perceived Endorphin Level	Component
Example 5-3	14: in home floor exercise to video	3	15	20min	3	MS & ME

Parent/Guardian Signature

Date-Week of: