

Name _____

Period _____

Lifetime Fitness Heatherwood MS Fitness Make-up Form

Participation is the greatest factor in determining the grade for Fitness. After missing 3 days of class, you need to make up missed work. This helps to establish a regular activity program as part of your lifestyle. Make-ups should be submitted within two weeks after returning to school.

Each activity may be applied to one day of missed school. Activities that are vigorous and maintain an intensity level of 4 or higher need to be a minimum of 20 minutes in length. Examples: Running, swimming laps, cross-country skiing, jumping rope, etc. Moderate activities need to be a minimum of 30 minutes. Examples: 1 vs 1 Basketball, fast walking, cycling, racquetball, tennis, skating, dance, etc. Interval or leisure activities must be a minimum of 45 minutes in length. Examples: Downhill skiing, doubles tennis, weight training, walking, team sports, golf, etc.

Record your heart rate (HR):

- Pre is taken before starting the activity (take rate for 30 seconds and double).
- Mid is taken during the activity. (take rate for 6 seconds and multiply by 10)
- Post is taken immediately after the activity the same way as Mid.

This number is beats per minute (BPM). The mid HR should be in the target zone of **160 to 185**.

Absent date	
Date completed	
Activity	
Location	
Duration	
Pre HR	BPM
Mid HR	BPM
Post HR	BPM

Absent date	
Date completed	
Activity	
Location	
Duration	
Pre HR	BPM
Mid HR	BPM
Post HR	BPM

Explain whether you were or were not in your target zone for each activity and why.

Parent signature _____ Date _____

ACTIVITY DIAMOND™

Percentage of
Maximum Heart Rate
(MHR)

Intensity Level
(RPE)

Above 85%	MAX	5
66-85%	HEART HEALTH	4
51-65%	BASE	3
40-50%	DAILY ACTIVITY	2
Below 40%	MEDIA/SEAT	1



MAX

Intensity Level-5: Very, very difficult; no-talk zone; I can only keep up this pace for a short period



HEART HEALTH

Intensity Level-4: Moderately hard; I can still talk, but really don't want to; sweating



BASE

Intensity Level-3: Moderate; I am slightly uncomfortable; sweating a little and talking requires some effort



DAILY ACTIVITY

Intensity Level-2: Easy; I am comfortable and could maintain this pace all day long; you can talk with almost no effort



MEDIA/SEAT

Intensity Level-1: Very easy; I am sitting; I can talk with no effort