

# Physical Activity Log for: Student’s Full Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Course Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Grade Level\_\_\_\_\_\_**

**Directions**:

**Record your physical activity for each day in the chart below.** **You should average at least 225 minutes per week or 3 hours and 45 minutes.**

**Remember to save your document after each time you enter new information.**

**The physical activity log represents 40% of your grade. Please be honest and diligent in completing and recording your activity.**

**Please see Mrs. Perham’s website if you need ideas to keep you physically active.**

You will need to fill in this chart with the type of exercise(s) you complete and the amount of time you spent exercising. You must include the date, description of exercise or physical activity, number of minutes each day you exercised, and total number of minutes per week.

You will use one log for the entire course. There are 35 weeks in this log, use the number of weeks appropriate for your course. Yearlong courses have 34 weeks and semester courses have 17 weeks. There are extra weeks on this chart that you might not need, but you should fill in the chart as accurately as possible.

If you have additional information, you type it in the Week/Day column for that week.

**You will submit this document to your teacher at the end of each unit using the drop box at the end of the last lesson in the unit.**

Scoring Rubric:

100% of points earned when you record the physical activity and you have at least 225 minutes of physical activity per week as an average for that unit. You have taken the time to find the total for each week.

90% of points earned when you record the physical activity on a regular basis but you do not quite reach the average of 225 minutes of physical activity per week or the total for the week is missing.

80% of points earned when you turn in a record of your physical activity but it has missing information and your average for the unit is below the 225 required minutes each week.

50% of points earned if you turn in some record of physical activity during the unit.

| **Week/Day** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** | **Total Time** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Week 1 | Date:September 28Exercise:Minutes: | Date:Sept. 29Exercise:Minutes: | Date:Sept. 30Exercise:Minutes: | Date:Oct. 1Exercise:Minutes: | Date: Oct. 2Exercise:Minutes: | Date:Oct. 3Exercise:Minutes: | Date: Oct. 4Exercise:Minutes: | Total Minutes for Week 1:  |
| Week 2 | Date: Oct. 5Exercise:Minutes: | Date: Oct. 6Exercise:Minutes: | Date: Oct. 7Exercise:Minutes: | Date: Oct. 8Exercise:Minutes: | Date: Oct. 9Exercise:Minutes: | Date: Oct. 10Exercise:Minutes: | Date: Oct. 11Exercise:Minutes: | Total Minutes for Week 2:  |
| Week 3 | Date: Oct. 12Exercise:Minutes: | Date: Oct. 13Exercise:Minutes: | Date: Oct. 14Exercise:Minutes: | Date: Oct. 15Exercise:Minutes: | Date: Oct. 16Exercise:Minutes: | Date: Oct. 17Exercise:Minutes: | Date: Oct. 18Exercise:Minutes: | Total Minutes for Week 3: |
| Week 4 | Date: Oct. 19Exercise:Minutes: | Date: Oct. 20Exercise:Minutes: | Date: Oct. 21Exercise:Minutes: | Date: Oct. 22Exercise:Minutes: | Date: Oct. 23Exercise:Minutes: | Date: Oct. 24Exercise:Minutes: | Date: Oct. 25Exercise:Minutes: | Total Minutes for Week 4:  |
| Week 5 | Date: Oct. 26Exercise:Minutes: | Date:Oct. 27Exercise:Minutes: | Date: Oct. 28Exercise:Minutes: | Date: Oct. 29Exercise:Minutes: | Date: Oct. 30Exercise:Minutes: | Date: Oct. 31Exercise:Minutes: | Date: Nov. 1Exercise:Minutes: | Total Minutes for Week 5: |
| Week 6 | Date: Nov. 2Exercise:Minutes: | Date: Nov. 3Exercise:Minutes: | Date: Nov. 4Exercise:Minutes: | Date: Nov. 5Exercise:Minutes: | Date: Nov. 6Exercise:Minutes: | Date: Nov. 7Exercise:Minutes: | Date: Nov. 8Exercise:Minutes: | Total Minutes for Week 6: |
| Week 7 | Date: Nov. 9Exercise:Minutes: | Date: Nov. 10Exercise:Minutes: | Date: Nov. 11Exercise:Minutes: | Date: Nov. 12Exercise:Minutes: | Date:Nov. 13Exercise:Minutes: | Date:Nov. 14Exercise:Minutes: | Date:Nov.15Exercise:Minutes: | Total Minutes for Week 7: |
| Week 8 | Date:Nov.16Exercise:Minutes: | Date:Nov.17Exercise:Minutes: | Date:Nov.18Exercise:Minutes: | Date:Nov.19Exercise:Minutes: | Date:Nov.20Exercise:Minutes: | Date:Nov.21Exercise:Minutes: | Date:Nov.22Exercise:Minutes: | Total Minutes for Week 8: |
| Week 9UUse this week to make up minutes. | Date:Nov. 23Exercise:Minutes: | Date: Nov. 24Exercise:Minutes: | Date: Nov. 25Exercise:Minutes: | Date: Nov. 26Exercise:Minutes: | Date: Nov. 27Exercise:Minutes: | Date: Nov. 28Exercise:Minutes: | Date: Nov. 29Exercise:Minutes: | Total Minutes for Week 9: |
| Week 10 | Date: Nov. 30Exercise:Minutes: | Date: Dec. 1Exercise:Minutes: | Date: Dec. 2Exercise:Minutes: | Date:Dec. 3Exercise:Minutes: | Date:Dec.4Exercise:Minutes: | Date:Dec.5Exercise:Minutes: | Date:Dec.6Exercise:Minutes: | Total Minutes for Week 10: |
| Week 11 | Date:Dec. 7Exercise:Minutes: | Date:Dec.8Exercise:Minutes: | Date:Dec.9Exercise:Minutes: | Date:Dec. 10Exercise:Minutes: | Date:Dec. 11Exercise:Minutes: | Date:Dec.12Exercise:Minutes: | Date:Dec.13Exercise:Minutes: | Total Minutes for Week 11: |
| Week 12 | Date:Dec. 14Exercise:Minutes: | Date: Dec. 15Exercise:Minutes: | Date:Dec. 16Exercise:Minutes:: | Date:Dec.17Exercise:Minutes: | Date:Dec. 18Exercise:Minutes: | Date:Dec.19Exercise:Minutes: | Date:Dec.20Exercise:Minutes: | Total Minutes for Week 12: |
| Week 13 | Date:January 4Exercise:Minutes: | Date:Jan. 5Exercise:Minutes: | Date:Jan. 6Exercise:Minutes: | Date:Jan. 7Exercise:Minutes: | Date: Jan. 8Exercise:Minutes: | Date:Jan.9Exercise:Minutes: | Date:Jan. 10Exercise:Minutes: | Total Minutes for Week 13: |
| Week 14 | Date: Jan.11Exercise:Minutes: | Date: Jan. 12Exercise:Minutes: | Date: Jan.13Exercise:Minutes: | Date: Jan. 14Exercise:Minutes: | Date:Jan. 15Exercise:Minutes: | Date: Jan. 16Exercise:Minutes: | Date: Jan. 17Exercise:Minutes: | Total Minutes for Week 14: |
| Week 15 | Date: Jan. 18Exercise:Minutes: | Date: Jan.19Exercise:Minutes: | Date: Jan. 20Exercise:Minutes: | Date: Jan. 21Exercise:Minutes: | Date: Jan.22Exercise:Minutes: | Date:Jan.23Exercise:Minutes: | Date:Jan.24Exercise:Minutes: | Total Minutes for Week 15: |
| Week 16 | Date: Jan. 25Exercise:Minutes: | Date: Jan. 26Exercise:Minutes: | Date:Jan. 27Exercise:Minutes: | Date: Jan. 28Exercise:Minutes: | Date: Jan. 29Exercise:Minutes: | Date:Jan. 30Exercise:Minutes: | Date: Jan.31Exercise:Minutes: | Total Minutes for Week 16: |
| Week 17 | Date:Feb. 1Exercise:Minutes: | Date: Feb. 2Exercise:Minutes: | Date: Feb. 3Exercise:Minutes: | Date: Feb. 4Exercise:Minutes: | Date:Feb. 5Exercise:Minutes: | Date: Feb. 6Exercise:Minutes: | Date: Feb. 7Exercise:Minutes: | Total Minutes for Week 17: |
| Week 18 | Date: Feb. 8Exercise:Minutes: | Date: Feb. 9Exercise:Minutes: | Date: Feb. 10Exercise:Minutes: | Date: Feb. 11Exercise:Minutes: | Date: Feb. 12Exercise:Minutes: | Date: Feb. 13Exercise:Minutes: | Date: Feb. 14Exercise:Minutes: | Total Minutes for Week 18: |
| Week 19 | Date:Feb. 15Exercise:Minutes: | Date: Feb. 16Exercise:Minutes: | Date: Feb. 17Exercise:Minutes: | Date: Feb. 18Exercise:Minutes: | Date: Feb. 19Exercise:Minutes: | Date: Feb. 20Exercise:Minutes: | Date: Feb. 21Exercise:Minutes: | Total Minutes for Week 19: |
| Week 20 | Date:Feb. 22Exercise:Minutes: | Date: Feb. 23Exercise:Minutes: | Date:Feb. 24Exercise:Minutes: | Date: Feb. 25Exercise:Minutes: | Date: Feb. 26Exercise:Minutes: | Date: Feb. 27Exercise:Minutes: | Date: Feb. 28Exercise:Minutes: | Total Minutes for Week 20: |
| Week 21 | Date: March 1Exercise:Minutes: | Date: March 2Exercise:Minutes: | Date:March 3Exercise:Minutes: | Date: March 4Exercise:Minutes: | Date:March 5Exercise:Minutes: | Date:March 6Exercise:Minutes: | Date:March 7Exercise:Minutes: | Total Minutes for Week 21: |
| Week 22 | Date:March 8Exercise:Minutes: | Date:March 9Exercise:Minutes: | Date:March 10Exercise:Minutes: | Date:March 11Exercise:Minutes: | Date:Mar. 12Exercise:Minutes: | Date:Mar. 13Exercise:Minutes: | Date:Mar. 14Exercise:Minutes: | Total Minutes for Week 22: |
| Week 23 | Date: Mar. 15Exercise:Minutes: | Date: Mar. 16Exercise:Minutes: | Date: Mar. 17Exercise:Minutes: | Date:Mar. 18Exercise:Minutes: | Date:Mar. 19Exercise:Minutes: | Date:Mar. 20Exercise:Minutes: | Date:Mar. 21Exercise:Minutes: | Total Minutes for Week 23: |
| Week 24S[ring Break Use this as a make up week if needed. | Date: March 22Exercise:Minutes: | Date: Mar. 23Exercise:Minutes: | Date: Mar. 24Exercise:Minutes: | Date:Mar. 25Exercise:Minutes: | Date:Mar. 26Exercise:Minutes: | Date:Mar. 27Exercise:Minutes: | Date:Mar. 28Exercise:Minutes: | Total Minutes for Week 24: |
| Week 25 | Date: Mar. 29Exercise:Minutes: | Date: Mar. 30Exercise:Minutes: | Date: Mar. 31Exercise:Minutes: | Date:April 1Exercise:Minutes: | Date:April 2Exercise:Minutes: | Date:April 3Exercise:Minutes: | Date:April 4Exercise:Minutes: | Total Minutes for Week 25: |
| Week 26 | Date:April 5Exercise:Minutes: | Date:April 6Exercise:Minutes: | Date:April 7Exercise:Minutes: | Date:April 8Exercise:Minutes: | Date:April 9Exercise:Minutes: | Date:April 10Exercise:Minutes: | Date:April 11Exercise:Minutes: | Total Minutes for Week 26: |
| Week 27 | Date:April 12Exercise:Minutes: | Date:April 13Exercise:Minutes: | Date:April 14Exercise:Minutes: | Date:April 15Exercise:Minutes: | Date:April 16Exercise:Minutes: | Date:April 17Exercise:Minutes: | Date:April 18Exercise:Minutes: | Total Minutes for Week 27: |
| Week 28 | Date:April 19Exercise:Minutes: | Date:April 20Exercise:Minutes: | Date:April 21Exercise:Minutes: | Date:April 22Exercise:Minutes: | Date:April 23Exercise:Minutes: | Date:April 24Exercise:Minutes: | Date:April 25Exercise:Minutes: | Total Minutes for Week 28: |
| Week 29 | Date:April 26Exercise:Minutes: | Date:April 27Exercise:Minutes: | Date:April 28Exercise:Minutes: | Date:April 29Exercise:Minutes: | Date:April 30Exercise:Minutes: | Date:May 1Exercise:Minutes: | Date:May 2Exercise:Minutes: | Total Minutes for Week 29: |
| Week 30 | Date: May 3Exercise:Minutes: | Date: May 4Exercise:Minutes: | Date:May 5Exercise:Minutes: | Date:May 6Exercise:Minutes: | Date:May 7Exercise:Minutes: | Date:May 8Exercise:Minutes: | Date:May 9Exercise:Minutes: | Total Minutes for Week 30: |
| Week 31 | Date:May 10Exercise:Minutes: | Date:May 11Exercise:Minutes: | Date:May 12Exercise:Minutes: | Date: May 13Exercise:Minutes: | Date:May 14Exercise:Minutes: | Date:May 15Exercise:Minutes: | Date:May 16Exercise:Minutes: | Total Minutes for Week 31: |
| Week 32 | Date: May 17Exercise:Minutes: | Date:May 18Exercise:Minutes: | Date:May 19Exercise:Minutes: | Date:May 20Exercise:Minutes: | Date:May 21Exercise:Minutes: | Date:May 22Exercise:Minutes: | Date:May 23Exercise:Minutes: | Total Minutes for Week 32: |
| Week 33 | Date:May 24Exercise:Minutes: | Date:May 25Exercise:Minutes: | Date:May 26Exercise:Minutes: | Date:May 27Exercise:Minutes: | Date:May 28Exercise:Minutes: | Date:May 29Exercise:Minutes: | Date:May 30Exercise:Minutes: | Total Minutes for Week 33: |
| Week 34 | Date:May 31Exercise:Minutes: | Date:June 1Exercise:Minutes: | Date:June 2Exercise:Minutes: | Date:June 3Exercise:Minutes: | Date:June 4Exercise:Minutes: | Date:June 5Exercise:Minutes: | Date:June 6Exercise:Minutes: | Total Minutes for Week 34: |
| Week 35 | Date:June 7Exercise:Minutes: | Date:June 8Exercise:Minutes: | Date:June 9Exercise:Minutes: | Date:June 10Exercise:Minutes: | Date:June 11Exercise:Minutes: | Date:June 12Exercise:Minutes: | Date:June 13Exercise:Minutes: | Total Minutes for Week 35: |