Connections Education logo

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