

Remember you need 150 minutes of activity for each week of the four-week activity log. The 150 minutes can be over all seven days in a week but must be done in a minimum of three days. It can't all be done in one or two days only. Lastly, no more than 60 minutes can be counted in one single day.

WEEK 1

Day of the Week	Activity	Time
Monday	swimming	30 min
Tuesday	walk	20 min
Wednesday	soccer	45 min
Thursday	running	15 min
Friday	biking	25 min
Saturday	swimming	30 min

WEEK 2

Day of the Week	Activity	Time	Fitness Component
Monday	Text	Text	Text
Tuesday	Text	Text	Text
Wednesday	Text	Text	Text
Thursday	Text	Text	Text
Friday	Text	Text	Text
Saturday	Text	Text	Text

WEEK 3

Day of the Week	Activity	Time	Pulse (Heart Rate Per Minute)
Monday	Text		Starting HR – Exercise HR – Cool Down HR -
Tuesday	Text		
Wednesday	Text		
Thursday	Text		
Friday	Text		
Saturday	Text		

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WEEK 4

Day of the Week	Activity	Time	FIT Application

Please discuss below what social and mental benefits you personally received each week while you were completing your activity log.

Finally, it is important to have your results verified by your Fitness Sponsor. Have your Fitness Sponsor sign your activity log below or you will not receive credit for this assignment.

Fitness Sponsor Signature _____

Fitness Sponsor Email Address _____