

Name: \_\_\_\_\_ Grade: 5 Student ID: \_\_\_\_\_  
P.E. Activity Log # 1 or 2 Classroom Teacher: \_\_\_\_\_

**Intensity Level 1** – Media / Seat : Very Easy; I am sitting; I can talk (ex. watching TV, reading, etc.)



**Intensity Level 2** – Daily Activity – Easy; I am comfortable and could maintain this pace all day long; I can talk with almost no effort (ex. Slowly walking with a friend, shopping at the grocery store, cleaning the house etc.)



**Intensity Level 3**- Base-Moderate; I am slightly uncomfortable; sweating a little and talking requires some effort (ex. Speed walking)



**Intensity Level 4**- Heart Health -Vigorous; I can still talk; but really don't want to; sweating (ex. jogging, biking, swimming, soccer, Moving stairs, elliptical machine, treadmill etc.)



**Intensity Level 5** – Max – Very, Very difficult; no talk zone; I can only keep up this pace for a short period of time (ex. Sprinting, racing, doing an exercise as fast as you can until you are out of breath)



Activity Log: 1

Week: Record activity Saturday, December 1- Friday, December 7, 2018

Name: \_\_\_\_\_

Class: \_\_\_\_\_

Due: Monday, December 10<sup>th</sup> for all classes. Classroom teacher collects, place sticky note with a list of students who do not have it and leave in my mailbox.

Goal: Keep track of all moderate to vigorous physical activity completed throughout the week. Record daily activities as well as the intensity level at which they are performed. Try to meet the current standard of 60 minutes of physical activity, at least 5 days per week. Activities tracked should be at Intensity level 3 or 4. Have fun and good luck.

Pre-log Questions:

1. What does it mean to be fit?
2. Why is it important to exercise daily?

Activity Log	Activity or Activities	Intensity Level	How many minutes
Saturday		3 or 4	
Sunday		3 or 4	
Monday		3 or 4	
Tuesday		3 o 4	
Wednesday		3 or 4	
Thursday		3 or 4	
Friday		3 or 4	
Total Hours of Activity			

Post- Log Questions:

1. What are the benefits of exercise?
2. How did you feel after exercising?

Activity Log: 2

Week: Record activity Saturday, March 16, 2019- Friday, March 22, 2019

Name:

Class:

Due: Monday, March 25<sup>th</sup> for all classes. Classroom teacher collects and leave in my mailbox.

Goal: Keep track of all moderate to vigorous physical activity completed throughout the week. Record daily activities as well as the intensity level at which they are performed. Try to meet the current standard of 60 minutes of physical activity, at least 5 days per week. Activities tracked should be at Intensity level 3 or 4. Have fun and good luck.

Pre-log Questions:

1. What does it mean to be fit?
2. Why is it important to exercise daily?

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Thursday		3 or 4	
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Total Hours of Activity			

Post- Log Questions:

1. What are the benefits of exercise?
2. How did you feel after exercising?