

## Personal Activity Log (P.A.L.)

Directions: You will fill out a P.A.L. every week. Your P.A.L. must equal a minimum of 120 minutes in order to receive credit. Once P.A.L. is completed, write a 4 sentence reflection below.

Date	Activity Description	Heart Rate (Pre-Workout/Post Workout)	Duration
			TOTAL TIME = ? min

Reflect on this week's P.A.L. What did you like? What didn't you like? How did you feel? (Minimum of 4 sentences):