**Activity Log**

Record all physical activities performed at home each week. Total the minutes at the end of each week and have your caregiver sign.

|  |  |  |  |
| --- | --- | --- | --- |
| Week 1 | Week 2 | Week 3 | Week 4 |
| Monday:Total Time: \_\_\_\_\_\_\_\_  | Monday:Total Time: \_\_\_\_\_\_\_\_  | Monday:Total Time: \_\_\_\_\_\_\_\_  | Monday:Total Time: \_\_\_\_\_\_\_\_  |
| Tuesday:Total Time: \_\_\_\_\_\_\_\_ | Tuesday:Total Time: \_\_\_\_\_\_\_\_ | Tuesday:Total Time: \_\_\_\_\_\_\_\_ | Tuesday:Total Time: \_\_\_\_\_\_\_\_ |
| Wednesday:Total Time: \_\_\_\_\_\_\_\_ | Wednesday:Total Time: \_\_\_\_\_\_\_\_ | Wednesday:Total Time: \_\_\_\_\_\_\_\_ | Wednesday:Total Time: \_\_\_\_\_\_\_\_ |
| Thursday:Total Time: \_\_\_\_\_\_\_\_ | Thursday:Total Time: \_\_\_\_\_\_\_\_ | Thursday:Total Time: \_\_\_\_\_\_\_\_ | Thursday:Total Time: \_\_\_\_\_\_\_\_ |
| Friday:Total Time: \_\_\_\_\_\_\_\_ | Friday:Total Time: \_\_\_\_\_\_\_\_ | Friday:Total Time: \_\_\_\_\_\_\_\_ | Friday:Total Time: \_\_\_\_\_\_\_\_ |
| Saturday:Total Time: \_\_\_\_\_\_\_\_ | Saturday:Total Time: \_\_\_\_\_\_\_\_ | Saturday:Total Time: \_\_\_\_\_\_\_\_ | Saturday:Total Time: \_\_\_\_\_\_\_\_ |
| Sunday:Total Time: \_\_\_\_\_\_\_\_ | Sunday:Total Time: \_\_\_\_\_\_\_\_ | Sunday:Total Time: \_\_\_\_\_\_\_\_ | Sunday:Total Time: \_\_\_\_\_\_\_\_ |
| **Week 1 total time:** \_\_\_\_\_\_\_Caregiver signature | **Week 2 total time:** \_\_\_\_\_\_\_Caregiver signature | **Week 3 total time:** \_\_\_\_\_\_\_Caregiver signature | **Week 4 total time:** \_\_\_\_\_\_\_Caregiver signature |

**Tips and Advice**

Get Active:

* Turn off the TV, video games, and iPad.
* Find an activity that you love to do that increases your heart rate.
* Stretch before and after activity to help prevent injury and increase flexibility.
* Involve your whole family! Ask everyone to go for a walk or hike before dinner. You can also set aside some time to teach your family what you learned in physical education class!!!

Exercise Levels:

Based on your personal fitness level, choose an exercise level that works for you. Use the following as a guide to gauge your exercise level. The more intense, the more benefit for your body!

* **Low Intensity** – You are able to talk easily**.**
* **Moderate Intensity** – You have trouble finishing a sentence without having to catch your breath.
* **Vigorous Intensity** – You can only to speak a word or two without losing your breath.

Regular physical activity provides a multitude of benefits for your overall health. Your goal during this program is to be physically active for at least **60 minutes every day**. You don’t have to do it all at once! A few minutes here and a few minutes there can really add up!

Use this activity trackerto record all of your physical activity. Each day, write down the various activities you engage in and the number of minutes you are active. At the end of the week, total your minutes and have your caregiver sign off on it. You can watch your minutes pile up each day and each week!

Regular physical activity helps you:

* build and maintain healthy bones, muscles, and joints.
* control weight.
* reduce feelings of anxiety.
* reduce depression and moodiness.
* reduce the risk of developing heart disease, high blood pressure, colon cancer, and diabetes.

Physical Activity helps your brain by:

* improving short-term memory.
* enhancing visual tracking ability.
* building heavier, synaptic-rich brains.
* helping with maintaining attention to tasks as well as completion of written assignments.

**BCPS Office of Health and Physical Education**

Student Activity LOG

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

PE Teacher:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Grade Level:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 

