

Name: \_\_\_\_\_ Grade: \_\_\_\_\_ **Active Lifestyle Chart**

Grading is based on type of exercise, heart rate, intensity level, and completion of activity.

Expected: Engage in cardiovascular exercise for 5 out of 7 days per week.

Complete the chart below.

**Intensity Guide: H= Highly active- high heart rate**

Hand In Weekly

**M= Moderate activity- medium heart rate**

**Week #1** (Minimum)

**L= Low activity- heart rate slightly raised**

Days (5/wk)	TIME (30+minutes/day)	Write what activity you participated in.	Intensity Level	Starting Heart Rate	Ending Heart Rate	Parent Initials
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

**Week #2** Hand In Weekly

Days (5/wk)	TIME (30+minutes/day)	Write what activity you participated in.	Intensity Level	Starting Heart Rate	Ending Heart Rate	Parent Initials
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

**Week #3** Hand In Weekly

Days (5/wk)	TIME (30+minutes/day)	Write what activity you participated in.	Intensity Level	Starting Heart Rate	Ending Heart Rate	Parent Initials
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

**Week #4** Hand In Weekly

Days (5/wk)	TIME (30+minutes/day)	Write what activity you participated in.	Intensity Level	Starting Heart Rate	Ending Heart Rate	Parent Initials
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Physical activities acceptable for this assignment would be defined as movement in which the entire body is engaged in the exercise. Examples Include:

- Swimming, Walking, Shoveling Snow, Chopping Wood, Riding Bike,
- Basketball, Jogging, Lifting, Pilates, Aerobic Classes, Inline Skating, Gymnastics, and
- Conditioning Exercises (push-ups, curl-ups, etc.)