

Activity Log #1: Grading is based on completion of activity. Name: _____ Hour: _____

Fill in the time you are engaging in activity. Choose the intensity category for the activity.
There must be **One** Non-School Day and **Two** School Days recorded. A Parent must sign that you did the assignment.

Parent Signature for completion: _____

Intensity Guide:

L= Low activity - heart rate slightly raised- *Some* of your body is moving once in awhile - perceived exertion 1-2

M= Moderate activity - medium heart rate- *Most* of your body is moving frequently - perceived exertion 3

H= Highly active - high heart rate - *ALL* of your body is continuously moving - perceived exertion 4 to 5

School Day #1: _____ (date)				School Day #2: _____ (date)				Non School Day #1: _____ (date)			
Light	Moderate	Vigorous		Light	Moderate	Vigorous		Light	Moderate	Vigorous	
7:00 a.m.				7:00 a.m.				7:00 a.m.			
8:00 a.m.				8:00 a.m.				8:00 a.m.			
9:00 a.m.				9:00 a.m.				9:00 a.m.			
10:00 a.m.				10:00 a.m.				10:00 a.m.			
11:00 a.m.				11:00 a.m.				11:00 a.m.			
12:00 p.m.				12:00 p.m.				12:00 p.m.			
1:00 p.m.				1:00 p.m.				1:00 p.m.			
2:00 p.m.				2:00 p.m.				2:00 p.m.			
3:00 p.m.				3:00 p.m.				3:00 p.m.			
4:00 p.m.				4:00 p.m.				4:00 p.m.			
5:00 p.m.				5:00 p.m.				5:00 p.m.			
6:00 p.m.				6:00 p.m.				6:00 p.m.			
7:00 p.m.				7:00 p.m.				7:00 p.m.			
8:00 p.m.				8:00 p.m.				8:00 p.m.			
9:00 p.m.				9:00 p.m.				9:00 p.m.			
10:00 p.m.				10:00 p.m.				10:00 p.m.			
11:00 p.m.				11:00 p.m.				11:00 p.m.			
12:00 a.m.				12:00 a.m.				12:00 a.m.			
1:00 a.m.				1:00 a.m.				1:00 a.m.			
2:00 a.m.				2:00 a.m.				2:00 a.m.			
3:00 a.m.				3:00 a.m.				3:00 a.m.			
4:00 a.m.				4:00 a.m.				4:00 a.m.			
5:00 a.m.				5:00 a.m.				5:00 a.m.			
6:00 a.m.				6:00 a.m.				6:00 a.m.			
Totals				Totals				Totals			

