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

**Fitness Log Worksheet**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  **Time** |  |  **Heart Rate** |  |
|   | **Date** | **Start** | **Finish** |  **Description of Activity** | **Start** | **During** | **End** | **What intensity level are you at?** |
| **1** |   |   |   |   |   |   |   |   |
| **2** |   |   |   |   |   |   |   |   |
| **3** |   |   |   |   |   |   |   |   |
| **4** |   |   |   |   |   |   |   |   |
| **5** |   |   |   |   |   |   |   |   |
| **6** |   |   |   |   |   |   |   |   |
| **7** |   |   |   |   |   |   |   |   |
| **8** |   |   |   |   |   |   |   |   |
| **9** |   |   |   |   |   |   |   |   |
| **10** |   |   |   |   |   |   |   |   |
| **11** |   |   |   |   |   |   |   |   |
| **12** |   |   |   |   |   |   |   |   |

**PE Fitness Log Directions**

- This fitness log will be kept for the next two weeks. Please list your fitness log exercise(s) for each day.

- Each student will keep their fitness log on the sheet provided.

- Activities that should be recorded in the fitness log are activities that require the use of a majority of your body - i.e. running, strength training, biking, swimming, cutting the grass, walking the dog, dancing, cleaning the house, etc...

- The activity must be a minimum of 30 minutes in length.

**OPTIONAL – WEEK 2 – ADD IN HEART RATE INFORMATION**

This fitness log will be turned in to your P.E. teacher in the assignments section of MS Teams.