

ACTIVE LIFESTYLE LOG - PART II ~ 50 Points

Name _____ Grade _____ Trimester _____ Hour _____ Total Miles Recorded _____

Week 6 Physical Activities Number of Minutes/Miles Week 7 Physical Activity Number of Minutes/Miles

MONDAY _____

TUESDAY _____

WEDNESDAY _____

THURSDAY _____

FRIDAY _____

SATURDAY _____

SUNDAY _____

Total Miles This Week: _____

Total Miles This Week: _____

Week 8 Physical Activities Number of Minutes/Miles Week 9 Physical Activity Number of Minutes/Miles

MONDAY _____

TUESDAY _____

WEDNESDAY _____

THURSDAY _____

FRIDAY _____

SATURDAY _____

SUNDAY _____

Total Miles This Week: _____

Total Miles This Week: _____

Week 10 Physical Activities Number of Minutes/Miles Week 11 Physical Activity Number of Minutes/Miles

MONDAY _____

TUESDAY _____

WEDNESDAY _____

THURSDAY _____

FRIDAY _____

SATURDAY _____

SUNDAY _____

Total Miles This Week: _____

Total Miles This Week: _____

TURN THIS IN WEEK 12!!!!

BASED ON YOUR AMOUNT AND TYPE OF EXERCISE LISTED ABOVE, HOW DID YOU IMPROVE YOURSELF FOR THE SECOND HALF OF THE TRIMESTER? WHAT CAN YOU DO TO CONTINUE A HEALTHY EXERCISE ROUTINE FOR THE REST OF YOUR LIFE?

extra credit PARENT/GUARDIAN SIGNATURE _____ + ____/1