Name_____ Date_____ Hour_____

ACTIVE LIFESTYLE L0G ALTERNATIVE ASSIGNMENT – MAXIMUM 20/25

Please write a one-page essay on what types of physical activities you performed on your Active Lifestyle Log. What do these activities mean to you? How many hours do you think that you perform these per day? Per week? For four weeks? How many miles do you think they are equivalent to? How can you improve your efforts in turning in your LOG next time? How can you improve your exercise strategies to improve your fitness levels? Use complete sentences and, please fill the whole page.