

My Physical Activity Log

Name: _____ Period: _____

Directions: For this assignment, each day you need to record at least 60 minutes of activity per day. Each day must have the name of the activity, the date it was completed, how long the activity was, one major muscle being used, and one major joint being used. There should be a total of four days completed per week (Sunday through Saturday). Fill out the form similar to the example given. Please **DO NOT** draw arrows, leave blanks, or put same as above as your answers or it will be counted wrong.

Name of Activity	Date Completed	Activity Length	Name on major muscle being used	Name one major joint being used
Example: Running and lifting weights.	01/01/18	90 minutes Or 1 hour and 30 minutes	Hamstrings	Ball and Socket

Score: _____

Parent/Guardian Signature (optional): _____

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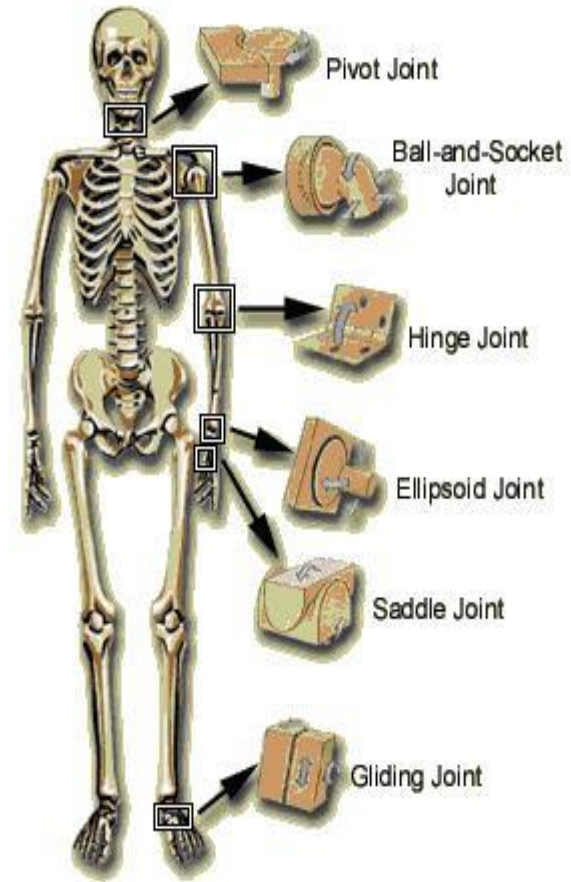
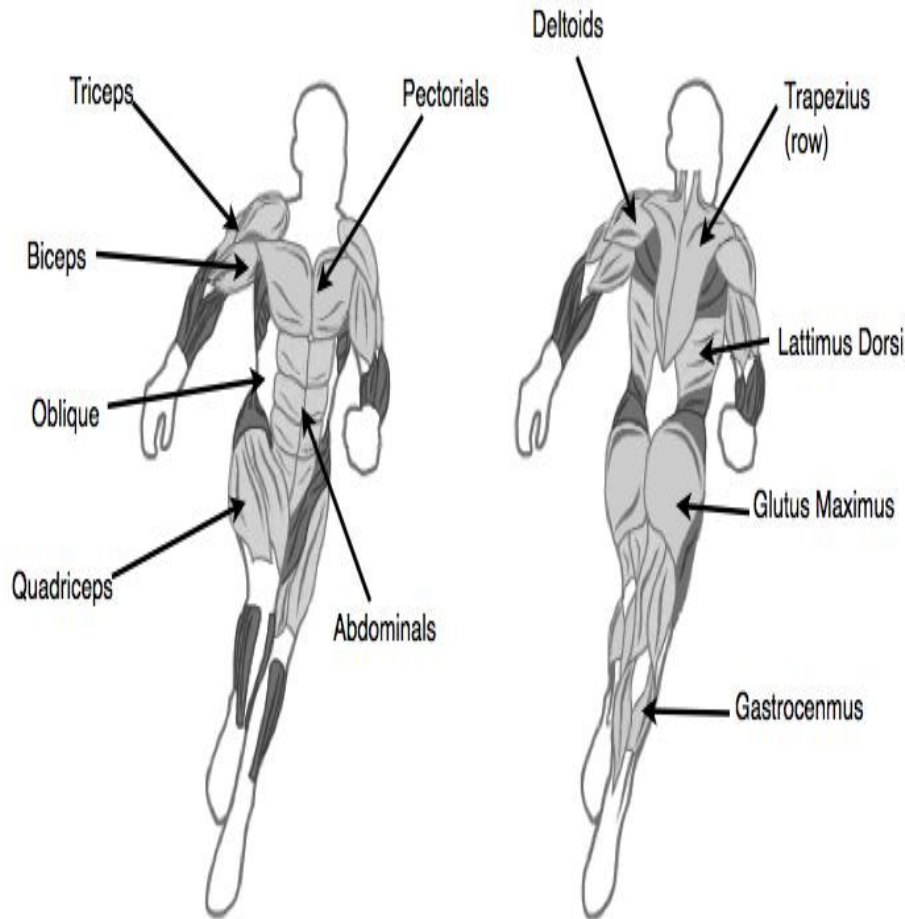
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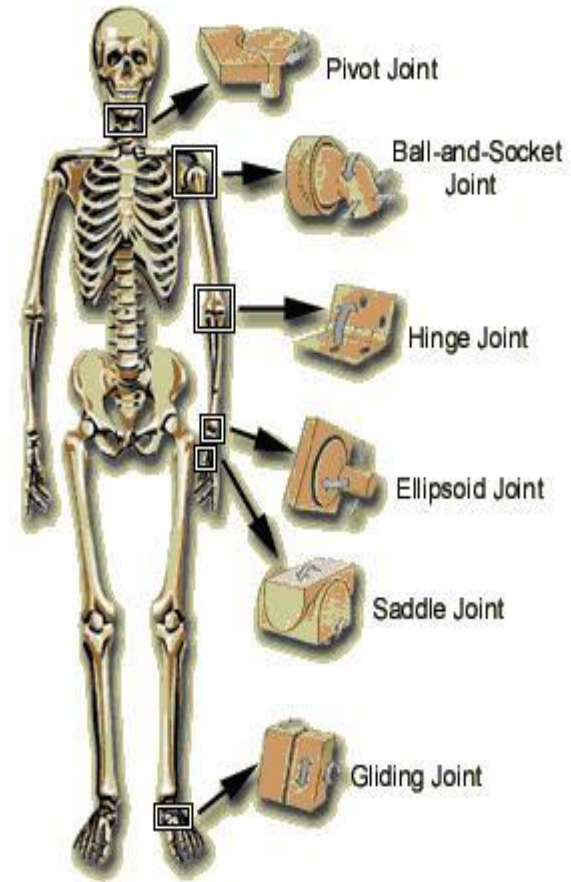
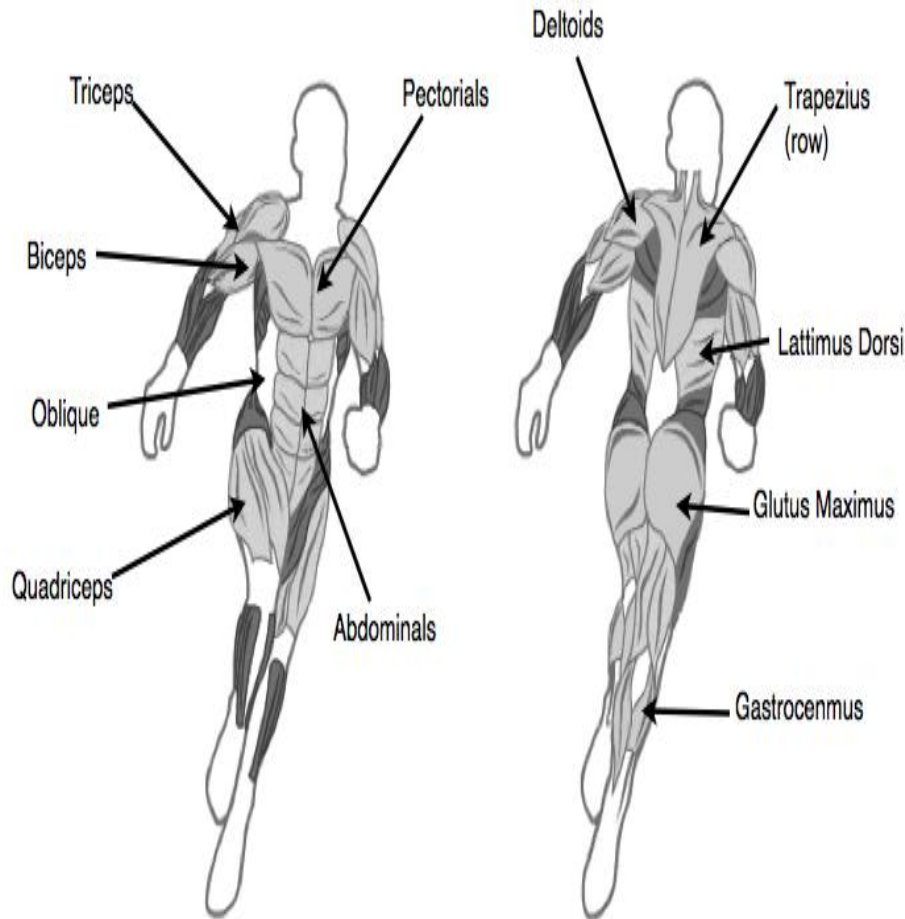
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