

POWER STANDARD 5: I Value Physical Education, Fitness, and Health**FITNESS CALENDAR**Name: Peter Ortiz

_____ Power standard 3: I participate regularly.

_____ Power standard 5: I value physical education, fitness, and health.

Fill in what you did, how long, and how hard to track your activity for the month.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Ran 6 mi for 45 min at target heart rate</i>	<i>Resistance training: 3 upper-body and 3 lower-body exercises; 3 sets of 10 reps</i>	<i>Spin class for 50 min at target heart rate</i>	<i>Resistance training: 3 upper-body and 3 lower-body exercises; 3 sets of 10 reps</i>	<i>Rest</i>	<i>Swam for 1 hr</i>	<i>Spin class for 50 min at target heart rate</i>
<i>Spin class for 50 min at target heart rate</i>	<i>Resistance training: 3 upper-body and 3 lower-body exercises; 3 sets of 10 reps</i>	<i>Ran 6 mi for 45 min at target heart rate</i>	<i>Resistance training: 3 upper-body and 3 lower-body exercises; 3 sets of 10 reps</i>	<i>Spin class for 50 min at target heart rate</i>	<i>Played soccer for 1.5 hr at the park</i>	<i>Rest</i>
<i>Ran 6 mi for 45 min at target heart rate</i>	<i>Resistance training: 3 upper-body and 3 lower-body exercises; 3 sets of 10 reps</i>	<i>Spin class for 50 min at target heart rate</i>	<i>Resistance training: 3 upper-body and 3 lower-body exercises; 3 sets of 10 reps</i>	<i>Ran 6 mi for 45 min at target heart rate</i>	<i>Rest</i>	<i>City 5K</i>
<i>Yoga class for 1 hr</i>	<i>Resistance training: 3 upper-body and 3 lower-body exercises; 3 sets of 10 reps</i>	<i>Zumba for 45 min</i>	<i>Resistance training: 3 upper-body and 3 lower-body exercises; 3 sets of 10 reps</i>	<i>Spin class for 50 min at target heart rate</i>	<i>Rest</i>	<i>Ran 6 mi for 45 min at target heart rate</i>