

My Physical Fitness Journey Journal

Complete a daily or weekly log (as assigned), in which you record the number of minutes you participated in physical activity both during and outside of school. Include the following:

- Number of minutes per day (including weekends) for each activity (okay to rest one day per week)
- The type of activity in which you participated (e.g., walking, tennis, bike riding) and the intensity level of the activity
- Where you participated in the activity
- The person(s) with whom you participated (if anyone)
- Description of how it felt to participate in the activity (including any obstacles you had to overcome)
- Reason(s) for any missed days

The following is a log you can use for tracking your out-of-class activities. If you miss a day, please indicate the reason for nonactivity.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Type of activity							
Duration of activity							
Moderate or vigorous							
Where you participated and with whom							