

Form for Tracking Activity Points

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total points for the week
Type of activity								
Duration of activity								
Moderate or vigorous								
Points for the day								

From J.L. Lund and M.F. Kirk, *Performance-Based Assessment for Middle and High School Physical Education*, 3rd ed. (Champaign, IL: Human Kinetics, 2020).