

Month: \_\_\_\_\_ LOG #(1-12) \_\_\_\_\_

Student Name \_\_\_\_\_ e-mail \_\_\_\_\_

Parent signature \_\_\_\_\_ Parent e-mail \_\_\_\_\_

Date:      Date:      Date:      Date:      Date:      Date:

Mode	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<b>Resting Heart Rate (bpm)</b> before exercise (ex: 70 beats per minute)						
<b>Aerobic Activity Type – what you did</b> (3 x week)						
<b>Duration 30-60</b> Minutes						
<b>Exercise Heart Rate:</b> during or right after activity 60-90% of max. <b>130-180bpm</b>						
<b>Recovery Heart Rate (bpm)</b> take three min. after exercise.						
<b>Other :</b> (i.e. weight lifting, stretching, push-ups, sit-ups, yoga)						
<b>Duration</b> Minutes						

Reflection Journal: (This section is worth at least **20 points**.)

In a couple paragraphs, reflect on activities performed this week. Explain:

1. The positive and/or negative aspects of your workouts this week.
2. How did your heart rate change throughout the exercise? Did that pattern change from workout to workout?
3. How did your breathing change throughout the exercise? Did that pattern change from workout to workout?
4. How did the feeling in your muscles change throughout the exercise? Did that pattern change from workout to workout?