

## Activity Log: Designing Your Own Fitness Program

**Introduction:** Fitness for life is a class in which you are required to exercise aerobically at least 3 times a week, just as you would in any physical education course. The purpose of this assignment is to help you design your own fitness program. Consider the things you need to do to increase your current level of physical activity, your assignments will help you along the way. You will be required to exercise aerobically for at least 30 minutes 3 times a week. Aerobic means continuous activity that keeps your heart rate at 60-90% of its maximum. Maximum rate can be estimated by taking the number 220 and subtracting your age. For example, if you are 15 years old, your maximum heart rate would be 205. If you choose running as your activity, you would want **your heart rate to be between 123 and 185** beats per minute ( $205 * .60 = 123$ ,  $205 * .90 = 185$ ). The point is to select something that you will be able to engage in on a regular basis. The more you put into this, the more you will get out of it, and the better results you will receive.

### **Task:**

1. Print out 12 copies of the chart below. (If you are completing 0.25 credits you will only need 6). Number the sheets 1 through 12, and fill in the dates.
2. Choose an aerobic exercise. Be creative, try new activities, and invite your family or friends to join you. Try to find something you enjoy doing.
  - Before you start you will need to take your **resting heart rate**. Count your pulse for 6 seconds and multiply by 10. (You may also count your pulse for 10 seconds and multiply by 6). This will tell you how many times your heart beats in one minute. Record your resting heart rate in your log.
  - Immediately after or during your exercise take your heart rate again, using the same steps explained above. This will be recorded as your **exercise heart rate**.
  - After 3 minutes take your heart rate a third time. Record this in your log as your **recovery heart rate**.
3. As you exercise this week record your activities and heart rates in the boxes given. Be sure to include the duration of the exercise. Don't forget to take your heart rate before, during and after your workout. You will be required to exercise a minimum of 3 times a week for 30 minutes, 90 minutes total. You may divide this time up however you would like.
4. You will notice there is a space for "other" activities. You may use this space to record anything else you do that is not necessarily aerobic. Examples are show below.
5. Once you have completed your activity log sign it and have a **parent or guardian** sign it.  
NO CREDIT WILL BE GIVEN FOR LOGS THAT HAVE NOT BEEN SIGNED!
6. **Submit your activity logs every 3 weeks to your instructor via regular mail.**
  - Logs do not necessarily need to be typed, just make sure they are legible.
  - Make sure you keep a copies of all of your logs.
  - DO NOT SCAN YOUR LOGS, submit them in the regular mail.
  - Mail your logs (3 weeks stapled together) to the **CORRECT** instructor:

**SEE THE TEACHER ADDRESS ON THE FRONT PAGE OF THE CLASS**

### **Evaluation:**

Each log is worth 50 points. They will be entered in the online grade book as a 3 week set, so 150 points. You will receive 30 points for completing the chart portion of the log and 20 points for your reflection paragraph at the bottom. Remember to number and record dates correctly. If you have any questions e-mail your instructor.

Logs are worth approximately one third of your grade, so remember to exercise aerobically at least 30 minutes 3 times a week, getting your heart rate up to at least 123 beats per minute.

Student Name \_\_\_\_\_ e-mail \_\_\_\_\_  
Parent/Guardian Name \_\_\_\_\_ e-mail \_\_\_\_\_

MONTH: \_\_\_\_\_

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

	Date:	Date:	Date:	Date:	Date:	Date:
Mode	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<b>Resting Heart Rate</b> (bpm) before exercise (i.e. 70 bpm - beats per minute)						
<b>Aerobic Activity Type</b> (3 x week)						
<b>Duration</b> Minutes						
<b>Exercise Heart Rate</b> (bpm) take during or right after activity should be 60-90% of max. (i.e. 123-185 bpm)						
<b>Recovery Heart Rate</b> (bpm) take three min. after exercise.						
<b>Other</b> (i.e. weight lifting, stretching, push-ups, sit-ups, yoga)						
<b>Duration</b> Minutes						

Reflection Journal:

In a paragraph, reflect on activities performed this week. Explain the positive and/or negative aspects of your workouts this week. (i.e.: How I felt, did I improve, is my recovery heart rate improving, which activities were most beneficial, goals, etc.)

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I certify that the above student performed and accurately recorded the amount of time spent on the listed activities.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_