



## Exercise My Activity Journal

Activity	Date	Length of time	Heart rate (after 20 min)	Aerobic exercise?	Muscle groups used most
1					
2					
3					
4					
5					
	Activity			Туре	
				Individual  Group	
					vidual ☐ Group
					vidual □ Group vidual □ Group
					ridual ☐ Group
Which a	activities	would you	enjoy doing aga	ain? Why?	
What w	ould help	o motivate	you to continue	these activiti	es?

Name: