

## *Here's how to fill out your Fitness Log Homework for Physical Education*

- Students must sign their first and last name---**NO INITIALS**. By signing **YOUR** name you are verifying that you **completed the activities you listed on your log**. Parents also **MUST SIGN** the Fitness Log before each turn in date. Your Fitness Log must be filled out in **INK!!** Points may be deducted if it is filled out in something other than blue or black ink.
- You must complete **three (3) aerobic activities** and **two (2) strength activities** each week.
- You may write in only the following activities that are done in class --
  - RED LAPS – as an aerobic activity
  - RED LAPS AL – (AL=At Lunch)--as an aerobic activity
  - STRENGTH #1—as a strength activity
  - WEIGHT ROOM-as a strength activity
  - SPIN BIKES-as an aerobic activity
  - TAE BO AS—(AS=At Seco)--as an aerobic activity
- Some options to choose from in the strength category are...(if your workout **strength** trains 8 body parts write that)
  - WEIGHT ROOM – (done in class)
  - WEIGHT ROOM AL – (AL = AT LUNCH)
  - STRENGTH #1 – (see the workouts listed below-Do ALL 7 Exercises!)
  - STRENGTH #2 -- (see the workouts listed below-Do ALL 7 Exercises!)
  - Velocity
  - Pilates
  - Crossfit
  - Yoga
  - Cross Training
- All Exercises are 3 Sets of 12 Repetitions

**Strength Workout #1** (using no weights)

  - Wall Push-ups
  - Chair Dips
  - Push-ups
  - Squats
  - Lunges
  - Heel Raises
  - Crunches

**Strength Workout #2** (using weights)

  - Bench Press
  - Bicep Curls
  - Shoulder Press
  - Squats
  - Lunges
  - Heel Raises
  - Crunches
- The aerobic activities need to elevate your heart rate for **20 continuous minutes (NON-STOP Activity)**.  
An Aerobic Requirement can include an **organized sports practice or game** or a **20 minute continuous aerobic activity**. When filling out the Aerobic Requirement of the Fitness Log with an organized sports practice or game you must include the name of the organization and the sport-- Example: Warrior FB or WMS Hart-SB or AYSO Soccer or Phenom Track (etc.).
- Some 20 minute continuous aerobic activities to choose from are...
  - swim
  - speed/power** walk
  - aerobic dance
  - treadmill
  - basketball AH(AH=At Home)
  - bike
  - jump rope
  - trampoline
  - scooter
  - football AH(AH=At Home)
  - jog/run
  - stair step
  - elliptical
  - skateboarding
  - skating
  - hike
  - workout video
  - spinning

\*--If you play a sport with family or friends (not on an organized team) write an AH after it.
- You may turn this log in on the first due date for 100% credit if it is filled in correctly. You will get 80% credit if it is turned in on the day after the due date. After that it is worth 0% and can not be turned in. Fitness Logs must be signed and turned in on the original fitness log paper or the one printed from the Internet or it will not be accepted. The Fitness Log can be printed from the Arroyo Seco web site [www.hartdistrict.org/aseco](http://www.hartdistrict.org/aseco)

### 9. EXAMPLE OF HOW TO COMPLETE THE FITNESS LOG FORM CORRECTLY

Week 1 Date _____	Week 2 Date _____	Week 3 Date _____	
Aerobic days	Strength days	Aerobic days	Strength days
Mon		Mon	Velocity
Red Laps	Tues	Tue	
	Wed	Wed	
Warrior FB	Thurs	Wm S Hart SB	STR. #1
	Fri	Thurs	
		Fri	
		Sat	
Basketball AH	Sat	Sat	
	Sun	Sun	
	STR. # 2		
Student Signature _____		Student Signature _____	Student Signature _____

Parent Signature \_\_\_\_\_