

Name: \_\_\_\_\_ Period: \_\_\_\_\_

## Physical Education Activity Log

| Sunday             | Monday             | Tuesday            | Wednesday          | Thursday           | Friday             | Saturday           |
|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| Activity:          | Activity:          | Activity:          | Activity:          | Activity:          | Activity:          | Activity:          |
| Minutes:           | Minutes:           | Minutes:           | Minutes:           | Minutes:           | Minutes:           | Minutes:           |
| Fitness Component: | Fitness Component: | Fitness Component: | Fitness Component: | Fitness Component: | Fitness Component: | Fitness Component: |

**Directions:** Log your physical Activity for each day that you were absent from P.E. Class. Please list the activity you performed, how long you did the activity, and the fitness component it falls under. All activities are required to be at minimum 45 Minutes in length. If the activity requires multiple fitness components, please list all of them. Also, if you do multiple activities throughout the day, list each activity.

*Examples of activities: running, walking the dogs, biking, swimming, playing sports, stretching, playing at the park, dancing, Wii fit etc...*

### Fitness Components:

Cardiovascular Endurance: The body's ability to sustain dynamic exercise, using large muscle groups over time at moderate to high intensities.

Flexibility: range of motion or movement at a joint

Muscular Strength: Greatest amount of force that a muscle group can exert in a single effort.

Muscular endurance: Ability of a muscle or muscle group to do **repeated** contractions.

Body Composition: lean body mass (muscle, bone, water) vs. Fat mass; proportion of fat mass and fat free mass in the body

