

Medford Area Public School District

9 - Week Activity Log

Must have **30 minutes** of activity three times a week.

Activities may include: weight lifting, walking, biking, jogging, fitness classes, yard work, swimming, walking in the woods, organized fitness events (such as - community 5K run/walk, snowshoe race, etc.), or organized sports (such as volleyball, basketball, golf leagues, etc.) - *indicate the activity you have completed in the Activity (1, 2 or 3) column.*

Heart Rates: Taking your heart rate is a good tool to use at the beginning and end of a workout. This way, you can observe that your heart rate actually increased or should have increased. If it doesn't increase after 30 minutes, then you are not working out at the maximum capability you should be. It is on the log to utilize, but not required. The 30 minutes three times a week is what is required at this time. *Heart rates are optional.*

Note: Participation reports from a fitness center or printouts from the Fit Bit program are acceptable. Please attach to this activity log and turn in. You do not need to complete the activity log if you have another report to submit.

Week	Activity 1	Duration	Activity 2	Duration	Activity 3	Duration	Time Total
1	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	<u>Wk Total:</u>
2	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	<u>Wk Total:</u>
3	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	<u>Wk Total:</u>
4	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	<u>Wk Total:</u>
5	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	<u>Wk Total:</u>
6	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	<u>Wk Total:</u>
7	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	<u>Wk Total:</u>
8	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	<u>Wk Total:</u>
9	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	Beginning Hrt Rate: Ending Hrt Rate: Activity:	<u>Total Time:</u>	<u>Wk Total:</u>