

Physical Activity Log

To complete this course, you must participate physical activity that is of moderate to vigorous intensity. Here is an explanation of the terms light, moderate, and vigorous activities:

- During **light activities**, you begin to notice your breathing, but talking is fairly easy.
- During **moderate activities**, your heart rate increases and you can hear yourself breathe, but can still talk. Examples of moderate activities include brisk walking, bicycling (less than 15 km/hour), skateboarding, shooting baskets, and curling.
- During **vigorous activities**, your heart rate and breathing increase to an even higher level where it is difficult to talk. Examples of vigorous activities include jogging, swimming, walking briskly, doing jumping jacks, playing sports that involve running, tobogganing, shoveling snow, and walking through deep snow.

You will use your Physical Activity Log to record all the physical activities you do throughout this course. Your Log will provide a record of your activities and form the basis for setting your personal goals related to fitness. The format of the Log will evolve as you get further into the course. You will include the type, duration, and intensity of the activity. By keeping track of the data, you will develop skills to help you be in charge of your own fitness.

To complete your Log, you will have three challenges:

- participate in vigorous physical activity for 30 minutes each day
- develop healthy habits and active patterns of living
- persevere in being active when tempted to become inactive

You may already be meeting these challenges, in which case you may explore other activity and health choices. If you are not currently active and have some unhealthy behaviours, your challenge will be to become active and change your behaviours. Don't expect this to happen overnight. The three challenges are a target for you to strive for by the end of this course and for the rest of your life.

Week 1 Log

Your first week's log should reflect what you ordinarily do. If you are not yet very active, this course will help you to be active. You can include a variety of physical activities such as going for a walk, playing volleyball, skateboarding, cleaning house, vacuuming, trapping, golfing, chopping wood, etc.

Weekly Log

You are responsible for keeping a weekly Physical Activity Log that outlines the physical activities you have taken part in throughout the week. These should include a minimum of three physical activities and should add up to at least 3.5 hours of moderate to vigorous activity per week. You can include a variety of activities of light, moderate, and vigorous intensity, such as going for a walk, playing volleyball, skateboarding, cleaning house, vacuuming, trapping, golfing, chopping wood, etc. Use the 'Level of Exertion' chart to help you fill in column six. Ask yourself how hard you feel you are working and match it with this chart. You are expected to hand in your weekly physical activity log's at the end of each month.

Physical Activity Assessment

You will be assessed only on how well you have completed the Physical Activity Log and NOT on the content of the Log. You are responsible for completing a 'Self-Assessment Rubric for Physical Activity Participation' each month.

Physical Activity Log				
Date	Activity	Duration (min/hour)	Level of Exertion	Followed Safety Rules (yes or no)
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				
TOTAL TIME				

Level of Exertion		
	Amount of Effort	Description
1	Resting	You are breathing normally. It's very easy to talk.
2	Somewhat Light	You are breathing a little more heavily, but it is still easy to talk
3	Light	You notice your breathing. You can talk with some effort.
4	Medium	You are breathing more heavily, but you do not hear yourself breathe.
5	Somewhat Hard	You can hear yourself breathe, but can still talk.
6	Medium Hard	It is more difficult to talk.
7	Hard	You are breathing heavily. It is hard to talk.
8	Very Hard	You are breathing more heavily and find it difficult to talk.
9	Grueling	It is almost impossible to talk.
10	Maximum	You are breathing very heavily. You cannot talk. You may feel pain.

I certify that my child has completed the activities recorded on this chart.

Parent/Guardian signature: _____ Date: _____