

NAME _____

PART 1: Complete this Physical Activity Log within one week noting:

- **type of physical activity** you participate in **after school** or on **weekends**
- **active pulse** during each activity
- **length of time** or **duration** of each activity
- **level of physical activity**
- **component of fitness** possibly targeted during each activity – Refer to your pulse card.



Kids Take Heart™

PHYSICAL ACTIVITY LOG										
Days	Type of Activity	Intensity (Pulse in BPM)	Time (in minutes)	Physical Activity Levels			Components of Health-Related Fitness (select 1 per activity)			
				Sedentary	Moderately Active	Vigorously Active	Flexibility	Muscular Strength	Muscular Endurance	Cardiorespiratory Endurance
Day 1										
Day 2										
Day 3										
Day 4										
Day 5										
Day 6										
Day 7										

PART 2: Answer the following questions.

1. Which physical activity level did you fall within most days of the week? _____

2. Which component of fitness did your physical activity target most? _____

3. Which component of fitness did your physical activity target least? _____