

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

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

Teacher: \_\_\_\_\_

Roll Call #: \_\_\_\_\_

## Physical Activity Worksheet

Physical Activity can be achieved on many different levels. Whether you go for a brisk walk, ride your bike, go to the gym, play in a sports league/game, run, or perform any activity that involves cardio respiratory/aerobic endurance, muscular strength/endurance, and/or flexibility you are working to improve your health.

Directions: Participate in a **minimum** of **30 minutes** of physical activity outside of school and complete the following outline:

(To find your Heart Rate, locate you carotid artery (right side of you neck) and count the number of beats in six (6) seconds and add a zero (0) to the end. For example, five (5) beats means that you have a heart rate of fifty (50). *Your Activity Heart Rate must exceed 120 bpm.*

**\*Rating of Perceived Exertion (RPE)** is a scale to determine how hard you are working: 1=easy and 5= very difficult. Determine your level of exertion on a scale of 1-5 and record it below on #6.

1. Resting Heart Rate: \_\_\_\_\_ bpm

2. Activity Heart Rate: \_\_\_\_\_ bpm

3. Date of the Activity: \_\_\_\_\_

4. Time of Activity: \_\_\_\_\_

5. Length of Time Performed: \_\_\_\_\_ Hrs. \_\_\_\_\_ Min.

6. \*RPE (1-5): \_\_\_\_\_

7. Activity Performed: \_\_\_\_\_

8. Where was the Activity Performed? \_\_\_\_\_

9. Who was Involved in the Activity with you? \_\_\_\_\_

10. Write a paragraph describing your activity (minimum of 5 sentences). Explain the activity you performed, how it made you feel, whether it was strenuous or easy, was it a good workout, could you/do you do it regularly.....?

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

