

# Part A: Active Lifestyle Action Plan & Log

**For:** \_\_\_\_\_

Print Student Name

The first two columns represent your plan. The second two columns are to log what happened. Plans often change. If you don't do a planned activity, just put "0" in the last two columns.

Exercise examples: skateboard, martial arts, yoga, power walk, swim, surf, jog, ride bike, hiking, rollerblade, dance lessons, weights, stretching, warm-up, cool-down, street hockey, soccer, basketball, baseball, softball, other team sports, active games with your friends, or any other activity that takes significant physical effort.

Date	Type of Exercise Showing Variety	Log Number of Minutes	PE: H, M, L*
M			
T			
W			
TH			
F			
S			
S			

\*PE=Perceived Exertion: How much energy did it take? (**high, medium, low**)

Sign each week's Plan/Log to show that this is what you planned and what you did.

Student Signature: \_\_\_\_\_