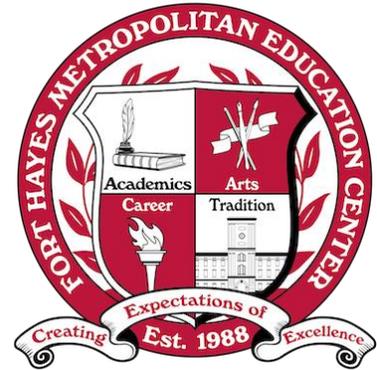


Name _____

Directions: Create your own personal “PE Summer Journey” of how you stayed active over the summer. Below are suggestions you can do in order to complete the assignment. **Choose one of the suggestions below.**



- **Choice 1 – Fitness Log/Reflection:** List out all the activities you participate in during the summer. **Fitness Log on next page if you choose this option.**
 - Each log will be kept for about 6 weeks which equals to about 2 entries per week for a total of 12 for the whole summer.
 - Each activity must be a minimum of 30 minutes in length.
 - You may only use one activity a day for a journal entry. For example, you played football in PE class and then after school you went to soccer practice. You may only use one of those activities to put on your fitness log.
- **Choice 2 - PE Art:** Take pictures of your summer activity events. Use the pictures to create a collage or album.

Additional Daily Recommendations:

- 5 servings fruits and vegetables
- Less than 2 hours screen time
- 1 hour daily physical activity
- 0 sugary drinks and snacks

Have A Fun, Safe, and Active Summer!

Summer Fitness Log

*To find your heart rate: Locate your heart rate either on your wrist (palm up on the side closest to the thumb or on the side of your neck) using your pointer and middle finger. Count the number of beats for 15 seconds and then multiply that number by 4 and that will give you your heart rate for 1 minute.

Low Intensity, 115-134

Medium Intensity, 135-159

High Intensity, 160+

	Date	Time		Description of Activity	Heart Rate			What intensity level are you at?
		Start	Finish		Start	During	End	
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								

* Example activities: running, strength training, biking, swimming, cutting the grass, walking the dog, dancing, going to a sport practice, cleaning the house, etc...

- Tell how the activities/exercises that you listed above helped you maintain or improve on the areas measured in the fitnessgram test (upper body strength, flexibility, abdominal strength, cardiovascular endurance and body mass index).
- Tell what area(s) you feel you did not improve on and what do you need to do to make those improvements?