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

**Directions:** Please complete the fitness log below for this week. You will need to complete a minimum of **90 minutes** throughout the entire week to receive full credit.

The grading will be as follows (shown in school tool):

30mins = 5pts for day 1

30mins = 5pts for day 2

          + 30mins = 5pts for day 3

     Total : 90 mins / 15pts per week

**Activity Tracker Log**

  April 13 - April 19, 2020

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Physical Activity Chosen** | **Duration of Activity** | **Feeling when activity**  **was completed...** |
| *April 1, 2020*  *EXAMPLE* | *Yard work - picking up sticks and raking leaves*  *EXAMPLE* | *30 minutes*  *EXAMPLE* | *Accomplished and tired. A lot of sticks to have a fire to roast marshmallows.*  *EXAMPLE* |
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