

# Physical Activity Log

Each day for ten days record your physical activities. Write the time of day, the type of activity and how you felt after the activity.

**Sample Log Entry:** At 4:30, I swam for two hours at swim practice. I felt tired but had a good workout.

**Day 1:**

**Day 2:**

**Day 3:**

**Day 4:**

**Day 5:**

**Day 6:**

**Day 7:**

**Day 8:**

**Day 9:**

**Day 10:**

# Physical Activity Report

The diagram shows a central circle labeled "Description of Activity". Above it is a rectangle labeled "Name of Activity". To the left is a circle labeled "Cost of Activity", and to the right is a circle labeled "Location of Activity". Arrows point from the "Name of Activity" box to each of the three circles, and a larger arrow points from the "Name of Activity" box down to the "Description of Activity" circle.

**Name of Activity**

**Cost of Activity**

**Description of Activity**

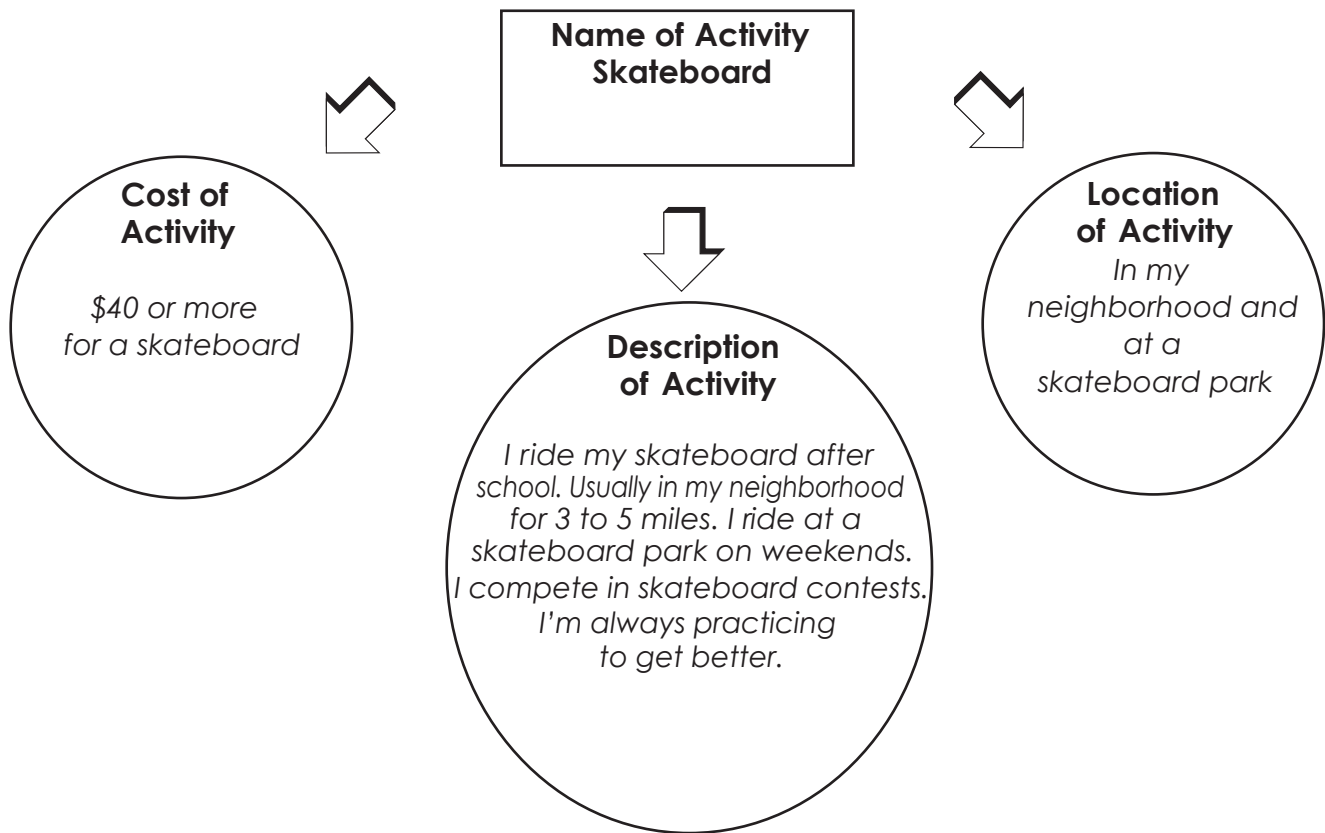
**Location of Activity**

**List three benefits you get from this activity:**

- 1.
- 2.
- 3.

**Comic Strip:** *(Using another piece of paper, make a comic strip showing your activity. Don't forget to add humor and fun to your comic.)*

# Physical Activity Report Sample



## List three benefits you get from this activity:

1. *Keeps my leg muscles strong and toned.*
2. *I can get from place to place - free transportation.*
3. *I get to compete and improve my skills.*

**Comic Strip:** (Using another piece of paper and pen, pencil, or markers, make a comic strip showing your activity. Don't forget to add humor and fun to your comic.)

