

Instructions on How to Use RM 7–PA: Physical Activity Log

1. In the column **Activity** indicate the physical activity or exercise that you participated in (e.g., brisk walk to school, hockey practice).
2. In the column **Primary Health-Related Fitness Component** indicate the primary or most prevalent health-related fitness component that the physical activity addresses. Use the following code: CRE–cardiorespiratory endurance; MS–Muscular Strength; ME–Muscular Endurance; FL–Flexibility.
3. In the column **Exercise Time** you have a choice of three exercise intensities. Indicate the amount of time (in minutes) spent at each level for the stated activity (e.g., total time is 40 minutes, with 10 minutes at Light, 10 minutes at Moderate, and 20 minutes at Vigorous intensity level).
4. In the column **Health Habit Satisfaction** insert the number 1 in each row for Exercise, Diet, Stress, and Sleep in the column that best represents your level of satisfaction with the health habit (High–very satisfied; Medium–somewhat satisfied; Low–not satisfied).
5. The record for the day may include a daily health reflection. The number of records required will be determined by your teacher. Your reflection may address
 - a. how you felt that day
 - b. your progress toward an active healthy lifestyle
 - c. how you were influenced to make healthy or unhealthy decisions
 - d. goals you revised or achieved, and so on
 - e. your thoughts related to any aspect of your personal healthy lifestyle
6. At the end of one week print your record and have it signed by your parent/guardian. The signature is a certification that the information appearing on the record is true and accurate.

Note: The information that you provide on the Physical Activity Log is automatically tabulated and your time is converted to an hourly record on a weekly, monthly, and cumulative basis. A periodic review of the **Course Summary** sheet will let you know how you are progressing toward your goals.