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| --- | --- | --- | --- | --- | --- |
| **Week of**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **Type of Activity**  (bike, run, work out, yoga, walk outside, stretching, played a sport, etc.)  You can add more than one activity per day. Please be specific to what you did. | **Related fitness component**  (Cardio, Strength, Endurance, Flexibility)  You can do multiple components in a day | **Exercise Time** (in minutes)  How long did you do each activity for?  \***minimum 30 min a day** | **Intensity**  (light, moderate, vigorous)  How hard where you working during your activity?  If you worked up a sweat = moderate/vigorous | **Daily Reflection Rating /5**  Just like at the end of each session you are going to self-asses yourselves based on the activity, length and intensity you did that day.  Please provide a short reflection (a couple of sentences) of how you felt during and after your activity. |
| **Monday** |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |
| **Friday** |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |
| **Sunday** |  |  |  |  |  |