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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** |  |  |  |  |  |