Exercise Log

Name: Example Class: 5B

DUE: September 26, 2018

<u>This assignment is worth 30 points!</u> For each week the points are as follows: 3 points for writing the 3 types of exercises, 3 points for writing the 3 begin times, 3 points for writing the 3 end times, and 1 point for taking your heart rate at least once during the week and recording it. Please write the dates in the slots provided too! If you are injured or sick, please record your heart rate 3 times during the week to make up for the exercises.

Please complete the following by performing at least <u>30 minutes of exercise 3 times per week.</u>

WEEK 1: Sept. 5th – Sept. 11th

DATE	TYPE OF EXERCISE	BEGIN TIME	END TIME	HEART RATE AFTER EXERCISE	
9/5	Soccer practice	5	6:30		
9/8	Football game	10	11	112	
9/12	Cheer practice	3:30	5		

WEEK 2: Sept. 12th – Sept. 18th

DATE	TYPE OF EXERCISE	BEGIN TIME	END TIME	HEART RATE AFTER EXERCISE	
9/12	Rode Bike	4	4:30	119	
9/13	Walk w/ Mom	5	5:30		
9/14	Basketball practice	3:30	5		

WEEK 3: Sept. 19th – Sept. 25th

DATE	TYPE OF EXERCISE	BEGIN TIME	END TIME	HEART RATE AFTER EXERCISE	
9/20	Gym	5:30	6:30		
9/24	Soccer game	4	5		
9/25	Cheer at game	5:00	6:00	123	