

Student Activity Log (35 hours due)

Name: _____

Class: _____

	<u>Activity + Date</u>	<u>Duration</u> (in hours)	<u>Intensity</u> (Low, moderate or vigorous)	<u>Reflection</u> (Please reflect on activity or stress, eating habits, sleep)
1				
2				
3				
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7				
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10				
11				
12				
13				
14				

Total in HOURS:

Parent Signature:

Level of Exertion/Intensity				
Amount of Effort			Exertion Description	
		Maximum Heart Rate		
1	LIGHT	50% – 65% of MHR	Resting	You are breathing normally. It is very easy to talk.
2			Somewhat Light	Your rate of breathing increases slightly, but it is still easy to talk.
3			Light	You notice your breathing. You can still talk fairly easily.
4	MODERATE	65% – 80% of MHR	Medium	You are breathing more heavily, but you do not hear yourself breathe.
5			Somewhat Hard	You can hear yourself breathe, but can still talk.
6			Medium Hard	It is getting difficult to talk.
7	VIGOROUS	80% – 100% of MHR	Hard	You are breathing heavily. It is difficult to talk.
8			Very Hard	Your breathing is laboured. It is very difficult to talk.
9			Gruelling	It is almost impossible to talk.
10			Maximum	You are breathing very heavily. You cannot talk. You may feel pain.

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