

# Lesson 1 ♥ A Balanced Life - Worksheet 2



## \_\_\_\_\_’s Physical Activity Log

	Example (minutes)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Physical Activity</b>								
Morning (before noon)								
Afternoon (noon-6:00)	45							
Evening (6:00-bedtime)	20							
<b>TOTAL MINUTES</b>	<b>65</b>							

### Instructions:

- Record the **number of minutes in each part of the day** (morning, afternoon, and evening) that you did physical activities. This includes moderate-intensity, vigorous-intensity, muscle-strengthening, and bone-strengthening activities. For a PE class, record half the total number of minutes of the entire class.
- Record the number of minutes for at least three out of seven days. (**Quick Help:** 1 hour = 60 minutes; 1.5 hours = 90 minutes; 2 hours = 120 minutes; 2.5 hours = 150 minutes) Then add the total number of minutes for each day at the bottom of the column.
- Answer the following questions:
  - What barriers, if any, did you run into while you were trying to do physical activities? \_\_\_\_\_  
\_\_\_\_\_
  - How did you overcome or get around those barriers? \_\_\_\_\_  
\_\_\_\_\_
- Return your Physical Activity Log to your teacher by \_\_\_\_\_ (due date).