

Name: _____ Period: _____ Date: _____

Assignments need to be written neatly and turned in without the paper being crumpled up.

Assignments will not be accepted if they do not meet these standards.

MJHS Make-up Assignment

Activity Log

This is a homework assignment to help students' make-up Physical Education absences in which they lost daily participation points. Every hour recorded makes up for one missed class.

30 minutes is the minimum and 1 ½ hours is the maximum amount of time to be spent per day.

To test your intensity you can use the **Conversation Test** or **Sing Test**.

Mild Intensity: Can hold a conversation with a friend and/or can sing a song all the words

Moderate Intensity: Hard to hold a conversation but can still talk and/or cannot sing every word of the song but can sing most of them

Vigorous Intensity: Cannot hold a conversation but can talk a little and/or cannot sing along to as long (maybe just a couple of words)

Date	Activity Describe	Intensity Circle the one that best describes your effort	Duration How long?	Reflection 2-3 sentences about how you felt during and after the activity. Also, write a strategy for how you could improve your workout next time.
		Mild Moderate Vigorous		
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		Mild Moderate Vigorous		
		Mild Moderate Vigorous		
		Mild Moderate Vigorous		
		Mild Moderate Vigorous		

If you need more space make a table on the back to add on.

Have your parent or guardian sign when finished to confirm your activities before you turn it in.

I confirm that my son/daughter has participated in the following activities listed above.

_____ (Parent Signature) _____ (Date)

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