Lake Shore Sr. High School

Physical Education

**Personal Fitness Log**

**Directions:**

Record daily in your Personal Fitness Log- for one week (7 days).

• Each entry should be properly dated

• Entries should include the following:

All food and beverages consumed, including approximate quantity

Physical activities performed, including approximate length of time and intensity level

Parent initials and/or Home Teacher

• Entries may either be typed or hand written

* Write a paragraph reflecting on your log for the week.
  + Eating habits and exercise- what is good and what can feel you could change to be healthier.

**\*Example Entry\***

Monday, May 8

**Food-**

**Breakfast** - small bowl of frosted flakes with 2% milk, 2 pieces of toast with grape jelly, 1 small glass of orange juice

**Snack** - 1 snack size bag of Doritos

**Lunch** - 1 ham, cheese and lettuce sandwich with mustard, 1 snack size bag of pretzels, 20 oz bottle of pop, 2 big chocolate chip cookies

**Snack** - 1 large apple

**Dinner** - 2 servings or spaghetti and meatballs, a medium bowl of salad, 4 small pieces of garlic bread, 2 large glasses of water, 2 big brownies

**Snack** - 1 bag of microwave popcorn, extra large glass of lemonade

**Physical Activity**

1. Played basketball – 30 minutes – intense most of the time

2. Mowed lawn with push mower – 45 minutes – medium intensity

3. Walked ½ mile from bus to home after school – slow pace