

FOUR-WEEK PHYSICAL ACTIVITY RECORD

NAME: _____ **PERIOD:** _____ **PEDOMETER #** _____

Average **RESTING** Heart Rate _____ **STRIDE LENGTH** _____ **TARGET** Heart Rate _____

Record the number of steps and exercise time (step/time) for each day.

List steps/time during school, during physical education class, after school, and the total for each day.

Also calculate weekly totals.

Date	PE Class Step/Time	During School	After School	Total	Date	PE Class Step/Time	During School	After School	Total Steps
Monday	/	/	/	/		/	/	/	/
Tuesday	/	/	/	/		/	/	/	/
Wednesday	/	/	/	/		/	/	/	/
Thursday	/	/	/	/		/	/	/	/
Friday	/	/	/	/		/	/	/	/
Saturday	/	/	/	/		/	/	/	/
Sunday	/	/	/	/		/	/	/	/
Week Totals	/	/	/	/		/	/	/	/
Monday	/	/	/	/		/	/	/	/
Tuesday	/	/	/	/		/	/	/	/
Wednesday	/	/	/	/		/	/	/	/
Thursday	/	/	/	/		/	/	/	/
Friday	/	/	/	/		/	/	/	/
Saturday	/	/	/	/		/	/	/	/
Sunday	/	/	/	/		/	/	/	/
Week Totals	/	/	/	/		/	/	/	/