SEVEN-DAY PHYSICAL ACTIVITY RECORD

NAME: _____ PERIOD: _____ **TEACHER:** _____

PEDOMETER #_____ **STARTING DATE:** _____ **ENDING DATE:** _____

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.
In the **upper section** of each box record the number of steps and total time listed on your pedometer.
In the box below, calculate how many steps you have taken for each interval of time during that day.

DO NOT RESET YOUR PEDOMETER UNTIL YOU HAVE REACHED ONE MILLION STEPS!

Date	**Total**		**Date**	**Total**		**Date**	**Total**		**Date**	**Total**	
	Steps	**Time**		**Steps**	**Time**		**Steps**	**Time**		**Steps**	**Time**
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Sunday											
Week Totals											