



Name: \_\_\_\_\_

## Daily Physical Activity Log

Health benefits of Daily Physical activity (DPA)

- *Better mental health*
- *Improves flexibility, therefore less chances of muscle and joint injuries.*
- *Better strength and muscular endurance: faster recovery after activities and reduces possibilities of back problems.*
- *Reduces chances of heart disease, diabetes and cancer.*

**Intensity** can be classified as: *low, moderate* or *high*. You will need to know your heart rate to calculate your intensity level.

<b>Maximum Heart Rate:</b> = 220 – Age    220 - <input style="width: 50px;" type="text"/> = <input style="width: 50px;" type="text"/> beats/min
<b>Target - Zone Heart Rate</b>
<b>Upper Limit</b> = Max HR x 0.85 = <input style="width: 50px;" type="text"/> x 0.85 = _____ beats/min
<b>Lower Limit</b> = Max HR x 0.70 = <input style="width: 50px;" type="text"/> x 0.70 = _____ beats/min
Target – Zone Heart Rate = _____ to _____ beats/min <div style="display: flex; justify-content: center; gap: 50px;"> <span>Lower limit</span> <span>Upper limit</span> </div>

Low = below 65% of your target heart rate

Moderate = 65% - 75% of your target heart rate

High = 75% - 85% of your target heart rate

### Daily Physical Activity Log

Record your daily Physical Activity in the chart provided. You should have 1 activity per day. If you do more than 1 per day put all of them in for that day do not add them to other days. Briefly describe what activities you did, the length of the activity *in minutes*, the intensity and the location of the activity (school, home, field, arena, gym, etc.)

Daily Physical Activity Log

Day/Date	Activity	Length of activity	Intensity 1 - 2 - 3	Location
<i>Sept 1</i>	<i>1. Soccer game 2. Phys Ed class</i>	<i>90 mins 45 mins</i>	<i>3 2</i>	<i>Terra Cotta Field BHS gym</i>
1				
2				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

### Self – Assessment and Questions

Answer the following questions based on your physical activity log

1. By interpreting your DPA Log, do you think you are getting enough regular physical activity to be considered **physically fit**? Explain.

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2. Is there anything you can change in your daily/weekly routine in order to be more physically active? Explain.

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3. Are your intensity level varied in your physical activity log? How can you balance out your intensity levels?

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4. What are ‘psychological benefits’?

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5. List 2 psychological benefits of physical activity and how they benefit you?

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6. What are 'physiological benefits'?

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7. List 2 physiological benefits of physical activity and how they benefit you?

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8. What are 'social benefits'?

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9. List 2 social benefits of physical activity and how they benefit you?

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