**Activity Questionnaire& Reflection Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Research has proven that leading a healthy active lifestyle can enhance all aspects of your well-being.

In order to help you think about your health related fitness and levels of physical activity, please respond to the questions below.

**Beginning of the Quarter** **Date:**

Describe any physical condition or challenges that you currently have that may limit your participation in regular activity. For example, a broken bone, an ankle sprain, asthma, etc.

Describe your **current** physical activity pattern (thinking back to last week):

|  |  |  |  |
| --- | --- | --- | --- |
| **Day** | **Type** | **Time** | **Intensity** |
| *Ex. Monday*  Monday | *Walking to school/Walking home* | *10min.* | *Easy* |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |

How do you feel about your current physical activity level?

How can you improve your current physical activity level?

Ex. **Frequency** *how often do you participate in physical activity?*

**Intensity** *participate in the activity at different intensity level*

**Time** *increase the time you’re participating in the physical activity*

**Type** *different types of activities*

**End of Quarter Date:**

Describe your **current** physical activity pattern (thinking about this week):

|  |  |  |  |
| --- | --- | --- | --- |
| **Day** | **Type** | **Time** | **Intensity** |
| *Ex. Monday*  Monday | *Walking to school/Walking home*  *Tag at Recess*  *Soccer in P.E.* | *10min.*  *10min.*  *25min.* | *Easy*  *Moderate*  *Moderate* |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |

How do you feel about your current level of physical activity?

In which areas do you feel you have either improved or maintained your level of physical activity?

Ex. **FITT** Principles

Now that P.E. is over for the quarter, you will be loosing anywhere from 1 hr. 40 min. -3 hr. 20 min. of physical activity per/week. What will you do in your own time to maintain your level of physical activity?