

CVA WEEKLY HEALTH & FITNESS ACTIVITY LOG

Purpose: To provide a tool that will help facilitate instruction and activity for students to develop the understanding, attitudes, motor skills, self-management skills, and confidence needed to adopt and maintain physically active and healthy lifestyles.

Instructions: A minimum of 100 minutes of instruction and activity per week is required to maintain satisfactory progress in Health and Fitness. Use this fillable document to help your student set measurable goals, log date/time of instruction and activities completed, and monitor their own progress in meeting their goals. A copy of this log should be sent to your CVA teacher each week to meet Weekly Check-in requirements. This PDF file can also be uploaded to the student's OneDrive on Office 365 and the link shared in the Weekly Contact.

Measurable weekly goal examples:

- I will improve my mile running time from 8 minutes, 30 seconds to 8 minutes.
- I will jog ten miles this week.
- I will learn to drop-kick a football and correctly/accurately throw a spiral pass.

Health and Fitness instruction examples:

- Read a *Studies Weekly* article about human development and made a personal growth timeline.
- Watched YouTube videos on how to drop kick a football and throw a spiral pass.
- Learned what heart rate means to my health and how to check my heart rate.

Student Name: _____ **Week:** _____ **(Please "Save As" a copy of your log with the week number in the file name.)*

Measurable Weekly Goal: _____

Date	Health & Fitness Instruction	Warm Up	Physical Activity(ies)	Cool Down	Minutes
Example: 3/21/2014	Learned about pedestrian safety along roadways from the safekids.org website.	Brisk walking	Jogging	Stretching	30

Total Minutes: _____

Be sure to complete the REFLECTIONS section on next page.

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REFLECTION

1. Describe how you met or made progress towards meeting your weekly goal.
2. What did you do well?
3. Which areas need improvement?
4. How can you improve your healthy habits?