## ONLINE PE 30/40F Physical Activity Log Sheet

Name	Total Hours of Moderate and Vigorous
Month:	

<u>Date</u>	Type of Activity	Moderate or	<u>Duration</u>	<b>Details: (What exercises? What</b>	ACTIVITY SUPERVISOR/PARENT
	(Cardio, Anaerobic, Muscular Endurance,	Vigorous?	(Time in moderate or vigorous intensity	drills? What movements? Reps?	SIGNATURE
	Strength, Flexibility)		levels)	Sets? Etc.)	

**Light Intensity** – Normal, Daily Activity

No Increase in heart rate and breathing

**Moderate Intensity** – Activities that cause breathing and heart rate to increase. Still able to talk.

**Vigorous Activity** – Activities that cause breathing and heart rate to increase. Difficult to talk.

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