

## Physical Education Log Sheet- Week 4

### Directions:

1. Participate in a minimum of 25 mins of exercise Monday-Friday 5/11-5/15. For 3 days participate in a variety of exercises from the Darebee Workouts (see attachments) and 2 days participate in a cardio activity.
2. Complete the chart below for each day.
  - a. Activity Name
  - b. How long did you perform the activity? Include sets/reps and any rest in between.
  - c. Personal Reflection
    - i. Describe your motivation/stress level before the exercise.
    - ii. Describe how you felt during the physical activity.
    - iii. Set a goal for your next workout.
3. Turn in completed Log Sheet to your PE Teacher as soon as its complete or by May 15 either through email or Microsoft Teams. If you have a paper copy, turn in at the first Student Work Collection day at WHS.

	Activity	Time of Activity	Personal Reflection
Monday 5/11			
Tuesday 5/12			
Wednesday 5/13			
Thursday 5/14			
Friday 5/15			

## Physical Education Log Sheet- Week 5

### Directions:

1. Participate in a minimum of 25 mins of exercise Monday-Friday 5/18-5/20. For 3 days participate in a variety of exercises from the Darebee Workouts (see attachments) and 2 days participate in a cardio activity.
2. Complete the chart below for each day.
  - a. Activity Name
  - b. How long did you perform the activity? Include sets/reps and any rest in between.
  - c. Personal Reflection
    - i. Describe your motivation/stress level before the exercise.
    - ii. Describe how you felt during the physical activity.
    - iii. Set a goal for your next workout.

	Activity	Time of Activity	Personal Reflection
Monday 5/18			
Tuesday 5/19			
Wednesday 5/20			
Thursday 5/21			
Friday 5/22			