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Personal Project

LOGGING AND PLANNING ACTIVE AEROBICS AND ACTIVE RECREATION

Part 1—Logging Activity

Use this form to record your participation in active aerobics and active recreation activities for one week. Record only time spent performing each activity at a moderate to vigorous pace. Answer the questions provided when you have finished your weekly log.

Write the number of minutes you spent in each activity each day.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	/	/	/	/	/	/	/
Aerobic dance							
Aerobic exercise machines							
Bicycling							
Circuit training							
Dance							
Rope jumping							
Martial arts							
Water aerobics							
Swimming							
Backpacking/hiking/rock climbing							
Boating/kayaking/rowing							
Skating							
Skateboarding							
Skiing							
Other:							
Other:							
Daily totals							

How might you adjust your physical activity to better maintain or improve your cardiovascular fitness level?

What short-term goals might you have for minutes per day in active aerobics and active recreation?
