

PHYSICAL ACTIVITY JOURNAL: DUE EVERY MONDAY

As physical activity professionals, it is important that we not only *value* but also *regularly participate* in physical activity. We are role models, not only as a profession, but as individuals, to those with whom we work (children, clients, rehab patients, young people, senior citizens, etc.).

One of the greatest barriers to regular physical activity is time. Finding a time to be active can be difficult and it is often easy to choose other activities (homework, housework, jobs, etc.) over our own time for being active.

The physical activity journal assignment is designed to help you get a better understanding of your own physical activity time. The assignment should be completed using the following chart. Please note: you *will not* be graded on the time, amount, or type of activity you do. You will, however, be graded on turning in your journal each week and providing honest responses. If you did not participate in any physical activity during the week, simply indicate “no activity” and provide a rationale for why you did not have time for an activity. An example is below.

Monday, August 21st: No activity (first day of school, buying books/going to class, etc.)

Should you want additional information about health and physical activity, or what constitutes physical activity, feel free to utilize the websites listed below. Keep in mind that cleaning your house, walking your dog, washing your car, and other “life activities” count as health enhancing physical activity.

1. http://win.niddk.nih.gov/publications/better_health.htm (healthy eating tips)
2. <http://win.niddk.nih.gov/publications/physical.htm>
3. <http://www.cdc.gov/nccdphp/dnpa/>
4. <http://www.healthierus.gov/>

If, for your own records and/or accountability, you would like to add additional information to your physical activity journal, feel free to do so. Information such as: how you felt during activity (felt good, had a headache, etc.); were you alone or with others?; eating patters for the day (did you skip breakfast? did you have a huge lunch?), etc.; or other information, feel free to do so. This is *your* journal – do what works for you!

NAME: _____

CLASS: Introduction to Kinesiology

DATES: Monday, _____ through Sunday, _____

What is your goal this week? _____

DATE:	DESCRIPTION OF PHYSICAL ACTIVITY:	AMOUNT OF TIME:	OTHER NOTES:
MONDAY,			
TUESDAY,			
WEDNESDAY,			
THURSDAY,			
FRIDAY,			
SATURDAY,			
SUNDAY,			

****DID YOU MEET YOUR GOAL FOR THIS WEEK? YES NO NOT REALLY, BUT I WAS CLOSE***