

Assignment 2-Physical Activity Journal

Description: As parents, it is important that we not only value but also regularly participate in physical activity. We are role models, to those with whom we work and especially our children. 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.

Directions: 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 which is worth 50 points. 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. Keep in mind that cleaning your house, walking your dog, washing your car, and other “life activities” count as health enhancing physical activity. 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 patterns 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!

Date	Description of Physical Activity	Amount of Time	Other Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			