

Student Name: (First, Last): \_\_\_\_\_

Homeroom Teacher: \_\_\_\_\_

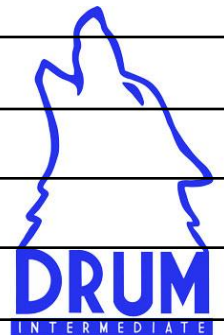
# THIRD QUARTER FITNESS JOURNAL

## Drum Intermediate Physical Education

**PURPOSE:** To provide students with an opportunity to make-up for any absences in Physical Education. Physical activity that is completed outside of school may be logged on this journal. Please note:

- Students must complete a **minimum of five** activities and have their journal signed prior to turning it in.
- Each activity should consist of a minimum of 30 minutes of *cardio* exercise (see back page).
- Each entry is worth 25 points (equivalent to what students can earn during a regular PE class at school).
- Each entry must be fully logged by the student and initialed by a parent/guardian.
- Journals may be completed and turned in *proactively* to safeguard against unforeseen absences later in the grading quarter.

Entry	Date	Activity	Location	Duration/Distance	Start/End Time	Parent Initial
1					Start: End:	
2					Start: End:	
3					Start: End:	
4					Start: End:	
5 (minimum)					Start: End:	
6					Start: End:	
7					Start: End:	
8					Start: End:	
9					Start: End:	
10					Start: End:	



★ Parent/Guardian Signature: \_\_\_\_\_

⇒⇒ Due: Wednesday, March 30th ⇐⇐

The following are accepted forms of cardio activities that can be used on this fitness journal. If you participate in some other form of sport/activity and would like to know if it would be suitable, please ask us when you come to class.

- Running/Jogging
- Hiking
- Cycling
- Mountain Biking
- Swimming Laps/Lessons
- Water Polo
- Track and Field
- Soccer
- Futsal
- Basketball
- Football
- Lacrosse
- Gymnastics
- Volleyball
- Wrestling
- Dance Classes
- Tennis
- Pickleball
- Badminton
- Squash
- Racquetball
- Competitive Cheerleading
- Fencing
- Hockey
- Ice Hockey/Skating
- Crew
- Martial Arts
- Skiing, Snowboarding
- Snowshoeing
- Inline skating/Roller skating
- Organized fitness classes
- CrossFit
- Circuit Training

What is cardio training/exercise?

Cardio exercise is any type of exercise that **gets your heart rate up and keeps it up** for a prolonged period of time. Your respiratory system (the organs and other parts of your body involved in breathing) will start to work harder as you begin to breathe faster and more deeply.

Benefits of Cardio Training

Like brushing your teeth and sleeping for 8 hours a night, it's one of the most indisputably healthy activities you can do.

By challenging and strengthening your cardiovascular system, you increase its capacity to take in oxygen, pump blood to the working muscles, and clear carbon dioxide and other waste products from your system. Plus, as your heart becomes more efficient at pumping blood, your resting heart rate slows, reducing the stress on your most vital muscle (your heart!)

Long story short - cardio training helps your heart and lungs function better both during exercise and at rest!

(Source: [openfit.com/what-is-cardio](https://openfit.com/what-is-cardio))