**NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class Period\_\_\_\_**

**Each day fill-in the ACTIVITY /ACTIVITIES/EXERCISES as well as the amount of TIME you participated**

**60 MINUTES of ACTIVITY is YOUR DAILY GOAL**

**\*\*\*CALENDAR CHECK\*\*\***

***\*\*\*THURSDAY OCTOBER 10\*\*\****

**SAT. SUN MON TUES. WEDS. THURS. FRI**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **SEPT. 28** | **29** | **30** | **OCT 1** | **2** | **3** | **4** |
| **5** | **6** | **7** | **8** | **9** | **\*\*\*\* 10** | **11** |
| **12** | **13** | **14** | **15** | **16** | **17** | **18** |

**For 10/10 calendar CHECK-IN**

**Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***MORE ON BACK***

***COMPLETE THIS SECTION for the OCTOBER 10TH CHECK-IN***

**\*\*= Copy this information from student copy of your goals**

**##= This is new information for you to fill-in**

**Goal 1 \*\* Fitness Component\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\*\* My Starting Score was\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**## My most recent score is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**## My final goal is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Goal 2 \*\* Fitness Component\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\*\* My Starting Score was\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**## My most recent score is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**## My final goal is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**At this time re-evaluate your plan**

**Do you need to do different activities/exercises?**

**Could you work out a few more minutes each day?**

**Could your level of effort increase?**

**Should you challenge yourself a bit more?**

**Change your final goal?**

***ARE YOU BEING ACTIVE for 60 MINUTES?***

**DUE TUESDAY NOVEMBER 12TH by 2:35**

**Sat. Sun. Mon. Tues. Weds. Thurs. Fri.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Oct. 19** | **20** | **21** | **22** | **23** | **24** | **25** |
| **26** | **27** | **28** | **29** | **30** | **31** | **Nov.1** |
| **2** | **3** | **4** | **5** | **6** | **7** | **8** |

***The following MUST be turned in on Nov.12th***

* **Student copy of goals**
* **Completed activity calendar**
* **Complete questions on back of this paper**
* **REFLECTION…more information later**

**Goal 1 Fitness Component\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**My Starting Score was\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**My final goal was\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**MY FINAL SCORE is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Goal 2 Fitness Component\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**My Starting Score was\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**My final goal was\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**MY FINAL SCORE is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**How many 60 minute days \_\_\_\_\_\_/84 did you have?**

**Student’s Name(printed)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**