

December

Healthy Activity Log (at home)

Day	Date	Stretches	Anaerobic	Aerobic	Nutritional
ex.	####	1356	3	2	247
Mon					
Tues					
Wed					
Thur					
Fri					
Sat					
Sun					
Mon					
Tues					
Wed					
Thur					
Fri					
Sat					
Sun					
Mon					
Tues					
Wed					
Thur					
Fri					
Sat					
Sun					
Mon					
Tues					
Wed					
Thur					
Fri					
Sat					
Sun					

Stretches

Perform 4 for count of 20

1. Toe touches (seated)
2. Butterfly stretch
3. Arm rotations
4. Waist rotations
5. Hurdle stretch
(1 leg straight out,
other leg bent in)
6. Lunge stretch
7. Other

Anaerobic Exercises

Choose 1

1. Stomach crunches (50)
2. Weights (Choose 3)
(2 sets of 10-12 repetitions)
Shoulder press Squats
Bicep curls Lunges
Lateral raises
Tricep extensions
3. Push-ups (25)
Regular or from knees
4. Short sprints (20-40 yards)
5. Other

Aerobic Exercises

Choose 1

- 20 min. in target heart zone
1. Brisk walk (4-5 miles)
 2. Jogging (6 mph or faster)
 3. Swimming (laps)
 4. Tennis
 5. Basketball
 6. Cycling
 7. Athletic practice or game
 8. Other

Nutritional

Choose 2 or more at home or at school

1. 6 to 8 (8oz.) glasses of water per day
2. 3 fruits per day
3. 3 vegetables per day
4. 2 to 3 servings of dairy products per day
5. One day with no soda
6. One day with no sweets
7. Eat breakfast
8. 8 to 10 hours of sleep
9. Limit TV/computer/video time to 1 to 2 hours per day

Grade _____
A or B Day _____
AM or PM _____

Choose and record the appropriate number from the activities listed at the right.
Do activities at least 3 times a week. Fill each cell on the days you choose.
 Please note the example.

Student Name

Parent Signature

Pulse and Target Heart Rate

What is your pulse?

Your pulse is your heart rate, or the number of times your heart beats in one minute. Pulse rates vary from person to person. Your pulse is lower when you are at rest and increase when you exercise (because more oxygen-rich blood is needed by the body when you exercise). Knowing how to take your pulse can help you evaluate your exercise program.

How to take your pulse

1. Place the tips of your index, second, and third fingers on the palm side of your other wrist, below the base of the thumb, or place the tips of your index and second fingers on your lower neck, on either side of your windpipe.
2. Press lightly with your fingers until you feel the blood pulsing beneath fingers. You might need to move your fingers around slightly up or down until you feel the pulsing.
3. Use a watch with a second hand, or look at a clock with a second hand.
4. Count the beats you feel for 10 seconds. Multiply this number by six to get your heart rate (pulse) per minute.

Check your pulse: _____ x 6 = _____
(beats per 10 seconds) (your pulse)

What is a normal pulse?

Children (ages 6-15).....70-100 beats per minute.
Adults (ages 18 and over).....60-100 beats per minute.

What is maximum heart rate?

Maximum heart rate is the highest your pulse rate can get. To calculate your predicted maximum heart rate use this formula: **220 – your age = Predicted Maximum Heart Rate.**

Example: a 12 year old's predicted maximum heart rate is 208, 13 year old's is 207, a 14 year old's is 206.

Target Heart Rate.

You gain the most benefits and lessen the risks when you exercise in your target heart rate zone. Usually this is when your exercise heart rate (pulse) is 50 percent to 75 percent of your maximum heart rate. **Do not exercise above 85 percent of your maximum heart rate.** This increases cardiovascular risk and does not add any extra benefit.

When beginning an exercise program, you might need to gradually build up to a level that is within your target heart rate zone, especially if you have not exercised regularly in a while. If the exercise feels too hard, slow down. You will reduce your risk of injury and enjoy the exercise more if you don't over-do-it.

To find out if you are exercising in your target zone (between 50 percent and 75 percent of your maximum heart rate), stop exercising and check your pulse. If your pulse is below your target zone (see the chart below) increase your rate of exercise. If your pulse is above the target zone, decrease your rate or exercise.

Age: 10-15 Target Heart Rate (HR) Zone (50-75%): 105-160 Predicted Maximum Heart Rate: 205