

Make up assignment - Mr. Shockley - Snow Canyon Middle School

Name _____ Class Period _____

Choose from the following:

***Each workout is equal to 1 day of daily points (100 points).**

1. 60 minutes of continuous aerobic physical activity.

*any sport or activity that produces continuous aerobic activity will count.

2. 40 minutes of continuous jogging.

3. 50 minutes of continuous strength training (circuit training or super sets). This could be broken down into shorter blocks. For example: 5 days with ten minutes each day of push-ups, pull-ups, sit-ups, air squats, wall push-up, etc.

*Stretching/warm up routine before any activity is required.

Fill out the items below:

| | Workout #1 | Workout #2 | Workout #3 |
|--|------------|------------|------------|
| Date of Activity: | | | |
| Did you Stretch & warm up before the activity: YES / NO | | | |
| Intensity What was your heart rate in the middle or end of your activity? | | | |
| Time How long did you exercise? (In minutes) | | | |
| Type What was the activity? Soccer, basketball, hiking, running, wt. training, aerobics, swimming, cycling, football, etc. | | | |

Parent Signature _____

Date _____