



This assignment is due on Monday, September 30th

Name _____

Teacher & class period _____

Standard 3a Assessment

Looking over the pyramid, please list the activities under the correct category of which you participate in each day **this week** and for how long. Your goal is to be active for at least 60 minutes per day, however, we want you to be truthful with your answers. If you did nothing but P.E. that day, then that is all you put! This is for your benefit as it will help you see where you are at with physical activity. You will use this to help later develop your activity plan, which will be based on this, as well as, results of fitness scores and personal goals. You do not record your limited activities!

Day of the week	Leisure Activities	Strength & Flexibility	Aerobic Activities	Recreation Activities	Everyday Activities
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					