

Worksheet for Analyzing Log Sheet

During the week you were keeping track of your physical activity level, were you physically active most days?

Yes No

Total the number of minutes you were active for each day that you were monitoring.

Days of the week	Active
Total	

Add the total minutes and divide by the number of days you were active. (e.g. 180 minutes ÷ 5 days = 36)

Take the average total to determine the amount of time you spend being physically active a day during the week.

I was active for ____ minutes per day, (no, few, most, all) days of the week.

Take the average total to determine the amount of time you spend being non-active a day during the week.

Did you meet the recommendations from the Youth Guide (increase your active levels to 30 minutes a day)?

Yes

No

During the week I did some (check all that apply):

___ Flexibility

___ Strength

___ Endurance

Goal Setting Worksheet



Goal Setting Worksheet

Now that I know how much time I should be active and how much time I spend being active.

What are my physical activity goals?

What will I do to reach my goals? What actions or steps will I take to help me reach my goals? What is my action plan?

Who can help me be active and how?

How long do I think it will take me to reach my goals?

How will I know when I reached my goals?

EXAMPLE

Worksheet for Pre-Challenge Log Sheet

Of the days you were keeping track of your physical activity level, were you physically active most days?



Yes No

Total the number of minutes you were active and non active for each day that you were keeping track of.

	Active
Monday	40 min
Tuesday	50 min
Wednesday	25 min
Thursday	60 min
Friday	40 min
Saturday	40 min
Sunday	60 min
Total	315 min

Add the total of minutes and divide by the number of days you were active. (e.g. 180 minutes ÷ 5 days = 36)

Take the average total to determine the amount of time you spend being physically active a day during the week.

$$315 \text{ min} / 7 \text{ days} = 45 \text{ min per day}$$

I was active for 45 minutes per day, (none, few, most and all) days of the week.

Did you meet the recommendations from the Youth Guide (increase your active levels to 30 minutes a day)?

Yes

No

During the week I did some (check all that apply):

Flexibility

Strength

Endurance