

Day 1

- Perform the following exercises

30 push-ups

25 lunges on each leg

40 sit-ups

30 squats

(If you do not know how to perform the exercise, look on YouTube or ask an adult)

- Research the average amount of calories you burned with each exercise. Record this on a sheet of paper
- On the same sheet of paper, write whether you think each exercise was to build muscular strength or muscular endurance. Then, explain why you believe this

Day 2

- Perform the following exercises
 - 50 Jumping Jacks
 - 75 Jump Ropes(if you do not have a jump rope, jump without one)
 - 2 - 30 second planks

- Research the average amount of calories you burned with each exercise. Record this on a sheet of paper

- On the same sheet of paper, write whether you think each exercise was to build muscular strength or muscular endurance. Then, explain why you believe this

Day 3

- Choose 3 exercises you most enjoyed (or hated least) from the previous days to perform. Record the calories burned.

- Write down on a sheet of paper answers to the following questions:
 - Which exercises did you choose?
 - Why did you choose them?
 - Which exercise did you enjoy most?

Day 4

Go through a normal, daily routine. Record on this paper the amount of physical activity you get during your daily routine.

Amount of physical activity:_____ Time:_____

Amount of physical activity:_____ Time:_____

Amount of physical activity:_____ Time:_____

Amount of physical activity:_____ Time:_____

Amount of physical activity:_____ Time:_____

Answer the following in 2-3 sentences:

Explain how you could find time during your daily routine to fit in more physical activity.

Day 5

Record a Food Log for the entire day. Use this sheet of paper to write down the food you eat and the amount of calories. Calories can be found on the nutrition label. If there is no nutrition label, you can research the amount of calories.

Food: _____ Calories: _____

Food: _____ Calories: _____

Food: _____ Calories: _____

Food: _____ Calories: _____

Food: _____ Calories: _____

Food: _____ Calories: _____

Total: _____