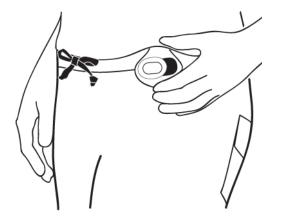
PEDOMETER LOG - 7 DAYS

PEDOMETER LOG # 1 2 3 4 5 (please circle)

STUDENT NAME	STUDENT ID
TEACHER	GRADE OR PERIOD

INSTRUCTIONS:

- **Step 1**: Put pedometer on when you get dressed in the morning. Make sure the pedometer is:
 - · Aligned with knee and hip bone
 - · Securely attached to clothing at waistband
 - · Level and not attached to clothing at an angle
 - Properly working by using a 10 step check
- **Step 2**: Remove pedometer before bedtime. Record the date, time and number of steps taken. Reset pedometer to zero.
- **Step 3**: After the seventh day is recorded return the pedometer and this log to your PE teacher.



DAY	DATE	TIME RECORDED	STEPS TAKEN
Sample Day	January 15, 2011	8:45 pm	9,538
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

If you are sick or absent, you will not record steps. Use the code below to note sickness or absence.

S = Sick A = Absent



How to perform a 10 step test

- 1. Put pedometer on by securing the pedometer to your waist band after aligning it with the knee and hip bone.
- 2. Take 10 normal steps, then check pedometer.
- 3. If pedometer reads 8-12 steps, close pedometer and continue wearing throughout the day.
- 4. If pedometer reads below 8 or above 12, adjust pedometer by moving it closer to the hip bone, then try the 10 steps again.
- 5. Continue making small adjustments until the pedometer reads close to what you are actually stepping, then close pedometer and continue wearing throughout the day.

Directions for Completing the 5-12 Student Survey

- 1. Have a computer with internet access available to take survey.
- 2. Locate the student survey by accessing www.focusedfitness.org/surveys.
 - a. Under the student surveys, click on the link that reads 2. Student Survey.
- 3. Follow instructions on the screen.
- 4. When finished answering questions click the <u>Save</u> button on the bottom of the survey.

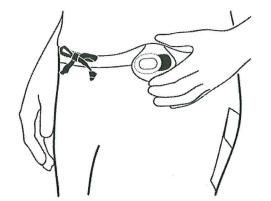
PEDOMETER LOG - 7 DAYS

PEDOMETER LOG # 1 2 3 4 5 (please circle)

STUDENT NAME Melissa Ferguson	STUDENT ID 8003700
TEACHER Pucket	GRADE OR PERIOD 10th/period 4

INSTRUCTIONS:

- **Step 1**: Put pedometer on when you get dressed in the morning. Make sure the pedometer is:
 - Aligned with knee and hip bone
 - · Securely attached to clothing at waistband
 - Level and not attached to clothing at an angle
 - Properly working by using a 10 step check
- **Step 2**: Remove pedometer before bedtime. Record the date, time and number of steps taken. Reset pedometer to zero.
- **Step 3**: After the seventh day is recorded return the pedometer and this log to your PE teacher.



DAY	DATE	TIME RECORDED	STEPS TAKEN
Sample Day	January 15, 2011	8:45 pm	9,538
Day 1	February 7, 2011	9:30 pm	11,204
Day 2	February 8, 2011	9:30 pm	10,398
Day 3	February 9, 2011	9:30 pm	10,995
Day 4	february 10, 2011	9:30 pm	9,892
Day 5	February 11, 2011	10:30pm	12,001
Day 6	February 12,2011	10:30 pm	9,700
Day 7	February 13,2011	10:30 pm	10,300

If you are sick or absent, you will not record steps. Use the code below to note sickness or absence.

S = Sick A = Absent



FIVE FOR LIFE

ACTIVITY LOG #	1	2	3	4	5	(please circle)
NAME						
STUDENT ID						
PERIOD						
TEACHER						
INSTRUCTIONS	:					

- Put a

 ✓ for the level of activity completed for that half hour if more than 15 minutes at that level.
- Total the number of

 ✓'s at the bottom of each column.

FOR EXAMPLE:

Date: 1/24 Day of week: Monday	Level 1- Media/ Seat	Level 2- Daily Activity	Base	Level 4- Heart Health	Level 5- Max
6:00-6:30		1			
6:30-7:00			1		
7:00-7:30			1		
Total √'s		1	2		

ACTI\ Percentage of	/ITY DIAMC	ND™
Maximum Heart R: (MHR)	ate I	ntensity Level (RPE)
()		(111 2)
Above 85%	MAX	5
66 959/	HEART HEALTH	4
66-85%	HEART HEALTH	4
51-65%	BASE	3
		\longrightarrow
40-50%	DAILY ACTIVITY	2
Below 40%	MEDIA/SEAT	1



MAX - Level 5 (very hard)
Very, very difficult; no-talk zone; I can only keep up this pace for a short period



HEART HEALTH - Level 4 (hard)Vigorous; I can still talk, but really don't want to; sweating



BASE - Level 3 (moderate)Moderate; I am slightly uncomfortable; sweating a little and talking requires some effort



DAILY ACTIVITY - Level 2 (light)Easy; I am comfortable and could maintain this pace all day long; I can talk with almost no effort



MEDIA/SEAT - Level 1 (light) Very easy; I am sitting; I can talk with no effort

Date:	Level 1- Media/ Seat	Level 2- Daily Activity	Level 3- Base	Level 4- Heart Health	Level 5- Max
week:	(§)	(§)	(1 (O))		
6:00-6:30					
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11:30-12:00					
Total √'s					

Date:	Level 1- Media/ Seat	Level 2- Daily Activity	Level 3- Base	Level 4- Heart Health	Level 5- Max
week:	(6)	(e) (e)	(* @@ ,)		
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Total √'s					

Date:	Level 1- Media/ Seat	Level 2- Daily Activity	Level 3- Base	Level 4- Heart Health	Level 5- Max
week:	(§§)	(9) (9)	(° (©))		
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11:00-11:30					
11:30-12:00					
Total √'s					

FIVE FOR LIFE

ACTIVITY LOG # 1 2 3 4 5 (please circle)
NAME Christopher Bertucci
STUDENT ID 50012908
PERIOD_
TEACHER Ferrante

INSTRUCTIONS:

- Put a \checkmark for the level of activity completed for that half hour if more than 15 minutes at that level.
- Total the number of

 ✓'s at the bottom of each column.

FOR EXAMPLE:

Date: 1/24 Day of week: Monday	Level 1- Media/ Seat	Level 2- Daily Activity	Level 3- Base	Level 4- Heart Health	Level 5- Max
6:00-6:30	V 2	1			
6:30-7:00			1		
7:00-7:30		-	1		
Total √'s	<i>F</i> _	1	2		. =

Maximum Heart R (MHR)	ate	Intensity Leve (RPE
Above 85%	MAX	5
66-85%	HEART HEALTH	4
51-65%	BASE	3
40-50%	DAILY ACTIVITY	2
Below 40%	MEDIA/SEAT	1



MAX - Level 5 (very hard)
Very, very difficult; no-talk zone; I can only keep up this pace for a short period



HEART HEALTH - Level 4 (hard)Vigorous; I can still talk, but really don't want to; sweating



BASE - Level 3 (moderate)

Moderate; I am slightly uncomfortable; sweating a little and talking requires some effort



DAILY ACTIVITY - Level 2 (light)

Easy; I am comfortable and could maintain this pace all day long; I can talk with almost no effort



MEDIA/SEAT - Level 1 (light)

Very easy; I am sitting; I can talk with no effort

Date:	Level 1- Media/ Seat	Level 2- Daily Activity	Level 3- Base	Level 4- Heart Health	Level 5- Max
week: Thursday		(S)	(* @)		
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Total √ 's	16	8	4		

Date: 1711 Day of week: Friday	Level 1- Media/ Seat	Level 2- Daily Activity	Level 3- Base	Level 4- Heart Health	Level 5- Max	Date: 11811 Day of week: Saturda
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Total √'s	19	9	3	· ·		Total √'s

Date:	Level 1- Media/ Seat	Level 2- Daily Activity	Level 3- Base	Level 4- Heart Health	Level 5- Max
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Total √'s	13	14	2		, g "