

# PEDOMETER LOG – 7 DAYS

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

STUDENT NAME \_\_\_\_\_ STUDENT ID \_\_\_\_\_

TEACHER \_\_\_\_\_ GRADE OR PERIOD \_\_\_\_\_

## INSTRUCTIONS:

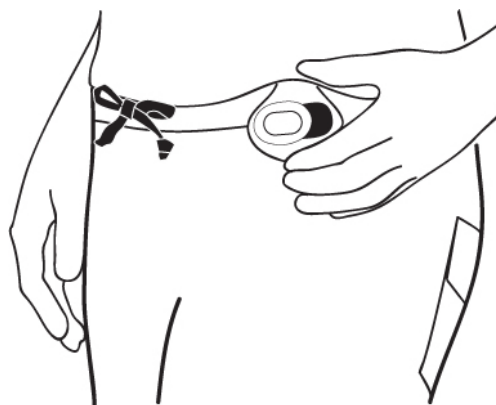
**Step 1:** Put pedometer on when you get dressed in the morning.

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



**FOCUSED FITNESS**

*Sensible Fitness and Health Programs for Today's Kids*

## **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](http://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 Save 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 80003700

TEACHER Pucket

GRADE OR PERIOD 10<sup>th</sup>/period 4

### INSTRUCTIONS:

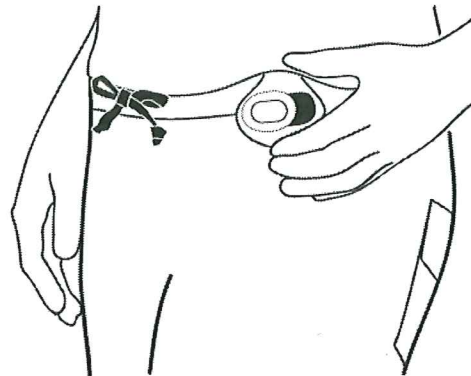
**Step 1:** Put pedometer on when you get dressed in the morning.

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	10:30 pm	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



**FOCUSED FITNESS**

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# FIVE FOR LIFE

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

NAME \_\_\_\_\_

STUDENT ID \_\_\_\_\_






PERIOD \_\_\_\_\_

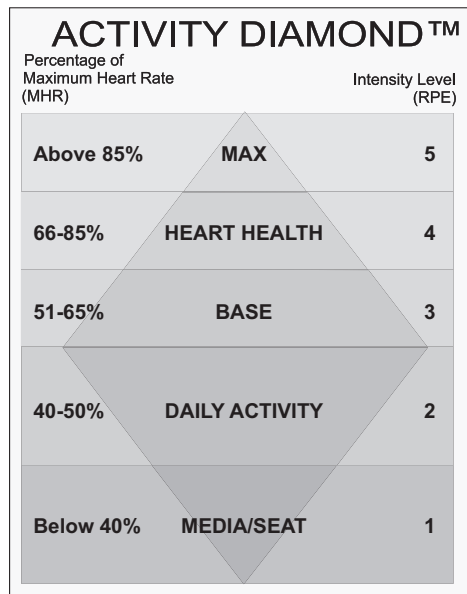
TEACHER \_\_\_\_\_

## 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	Level 1- Media/ Seat	Level 2- Daily Activity	Level 3- Base	Level 4- Heart Health	Level 5- Max
Day of week: Monday					
6:00-6:30		✓			
6:30-7:00			✓		
7:00-7:30			✓		
Total ✓'s		1	2		



### 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
Day of week:					
6:00-6:30					
6:30-7:00					
7:00-7:30					
7:30-8:00					
8:00-8:30					
8:30-9:00					
9:00-9:30					
9:30-10:00					
10:00-10:30					
10:30-11:00					
11:00-11:30					
11:30-12:00					
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3:30-4:00					
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6:30-7:00					
7:00-7:30					
7:30-8:00					
8:00-8:30					
8:30-9:00					
9:00-9:30					
9:30-10:00					
10:00-10:30					
10:30-11:00					
11:00-11:30					
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
Day of week:					
6:00-6:30					
6:30-7:00					
7:00-7:30					
7:30-8:00					
8:00-8:30					
8:30-9:00					
9:00-9:30					
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10:00-10:30					
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6:30-7:00					
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7:30-8:00					
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8:30-9:00					
9:00-9:30					
9:30-10:00					
10:00-10:30					
10:30-11:00					
11:00-11:30					
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
Day of week:					
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6:30-7:00					
7:00-7:30					
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8:00-8:30					
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8:30-9:00					
9:00-9:30					
9:30-10:00					
10:00-10:30					
10:30-11:00					
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 ✓ 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	Level 1- Media/ Seat	Level 2- Daily Activity	Level 3- Base	Level 4- Heart Health	Level 5- Max
Day of week: Monday					
6:00-6:30		✓			
6:30-7:00			✓		
7:00-7:30			✓		
Total ✓'s		1	2		

ACTIVITY DIAMOND™		
Percentage of Maximum Heart Rate (MHR)		Intensity Level (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: 1/6/11 Day of week: Thursday	Level 1- Media/ Seat	Level 2- Daily Activity	Level 3- Base	Level 4- Heart Health	Level 5- Max
6:00-6:30					
6:30-7:00	✓				
7:00-7:30		✓			
7:30-8:00		✓			
8:00-8:30	✓				
8:30-9:00	✓				
9:00-9:30	✓				
9:30-10:00	✓				
10:00-10:30			✓		
10:30-11:00			✓		
11:00-11:30		✓			
11:30-12:00		✓			
12:00-12:30	✓				
12:30-1:00	✓				
1:00-1:30	✓				
1:30-2:00			✓		
2:00-2:30	✓				
2:30-3:00	✓				
3:00-3:30			✓		
3:30-4:00				✓	
4:00-4:30		✓			
4:30-5:00		✓			
5:00-5:30		✓			
5:30-6:00		✓			
6:00-6:30	✓				
6:30-7:00	✓				
7:00-7:30	✓				
7:30-8:00	✓				
8:00-8:30	✓				
8:30-9:00	✓				
9:00-9:30					
9:30-10:00					
10:00-10:30					
10:30-11:00					
11:00-11:30					
11:30-12:00					
Total ✓'s	16	8	4	1	



Date: 11/7/11 Day of week: Friday	Level 1- Media/ Seat 	Level 2- Daily Activity 	Level 3- Base 	Level 4- Heart Health 	Level 5- Max 
6:00-6:30					
6:30-7:00	✓				
7:00-7:30		✓			
7:30-8:00		✓			
8:00-8:30	✓				
8:30-9:00	✓				
9:00-9:30	✓				
9:30-10:00	✓				
10:00-10:30	✓				
10:30-11:00	✓				
11:00-11:30		✓			
11:30-12:00		✓			
12:00-12:30	✓				
12:30-1:00	✓				
1:00-1:30	✓				
1:30-2:00			✓		
2:00-2:30	✓				
2:30-3:00	✓				
3:00-3:30			✓		
3:30-4:00				✓	
4:00-4:30			✓		
4:30-5:00		✓			
5:00-5:30		✓			
5:30-6:00		✓			
6:00-6:30		✓			
6:30-7:00	✓				
7:00-7:30	✓				
7:30-8:00	✓				
8:00-8:30		✓			
8:30-9:00	✓				
9:00-9:30	✓				
9:30-10:00	✓				
10:00-10:30	✓				
10:30-11:00					
11:00-11:30					
11:30-12:00					
Total ✓'s	19	9	3	1	

Date: 11/8/11 Day of week: Saturday	Level 1- Media/ Seat 	Level 2- Daily Activity 	Level 3- Base 	Level 4- Heart Health 	Level 5- Max 
6:00-6:30					
6:30-7:00					
7:00-7:30					
7:30-8:00	✓				
8:00-8:30	✓				
8:30-9:00	✓				
9:00-9:30		✓			
9:30-10:00		✓			
10:00-10:30		✓			
10:30-11:00		✓			
11:00-11:30			✓		
11:30-12:00				✓	
12:00-12:30			✓		
12:30-1:00		✓			
1:00-1:30		✓			
1:30-2:00		✓			
2:00-2:30		✓			
2:30-3:00		✓			
3:00-3:30		✓			
3:30-4:00	✓				
4:00-4:30	✓				
4:30-5:00	✓				
5:00-5:30		✓			
5:30-6:00		✓			
6:00-6:30		✓			
6:30-7:00	✓				
7:00-7:30	✓				
7:30-8:00	✓				
8:00-8:30	✓				
8:30-9:00		✓			
9:00-9:30	✓				
9:30-10:00	✓				
10:00-10:30	✓				
10:30-11:00					
11:00-11:30					
11:30-12:00					
Total ✓'s	13	14	2	1	