



# Physical Education

## ACTIVITY LOG

### 2-Week Physical Activity Log

Use this activity log to track your physical activity minutes for 2 weeks.  
Have an adult sign their initials next to each day that you complete 30 minutes.

#### Week 1:

Day	Activity 1	Activity 2	Activity 3	Total
<b>Sample Day</b>	<i>Active Outside 30 Mins</i>	<i>Walk with Family 15 Mins</i>	<i>Dance Challenge 15 minutes</i>	<i>60 minutes</i>
<b>Day 1</b>				
<b>Day 2</b>				
<b>Day 3</b>				
<b>Day 4</b>				
<b>Day 5</b>				
<b>Day 6</b>				
<b>Day 7</b>				

#### Week 2:

Day	Activity 1	Activity 2	Activity 3	Total
<b>Day 1</b>				
<b>Day 2</b>				
<b>Day 3</b>				
<b>Day 4</b>				
<b>Day 5</b>				
<b>Day 6</b>				
<b>Day 7</b>				

**HEALTH JOURNAL ENTRY: PACKAGE #2**  
***EMOTIONAL HEALTH AND DEALING WITH STRESS/ANXIETY/DEPRESSION***

**Videos to watch:**

**[https://www.youtube.com/watch?v=tNsTy-j\\_sOs](https://www.youtube.com/watch?v=tNsTy-j_sOs)**

**[https://www.youtube.com/watch?v=FfSbWc3O\\_5M](https://www.youtube.com/watch?v=FfSbWc3O_5M)**

**Identify at least 3 things that cause you to stress or become anxious:**

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**Identify at least 3 ways in which people deal with stress or anxiety negatively:**

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**Identify at least 3 strategies for dealing with stress or anxiety positively:**

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**Identify at least one person who you get help from when you are stressed or anxious:**

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**Can you think of anyone else in the community or at your school who you could go to when you are experiencing a lot of stress or anxiety?**

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**You are not alone. People care about you very much. Please let us know.**