

Wisconsin Active Schools

Activity Log Booklet



A collaborative program between the Wisconsin Department of Health Services, the Wisconsin Department of Public Instruction and the University of Wisconsin School of Medicine and Public Health. Funding provided by the Centers for Disease Control and Prevention under cooperative agreement #3U58DP001997-01S4. Contents are solely the responsibility of the authors and do not necessarily reflect the official view of CDC, DHHS or the federal or state government.

Contact: Ken Wagner, DPI, 608-266-5181

Please fill in the following information:

Student ID# _____

Teacher Name _____

School _____

Date _____

Grade _____

Age _____

Gender (please circle answer): Male Female

Please respond before beginning the 3 day period of activity logging:

1. During the **past 7 days**, on how many days were you physically active for a total of at least 60 minutes? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time)

0 Days 1 2 3 4 5 6 7 Days

2. **Yesterday**, were you physically active for a total of at least 60 minutes? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time)

Yes No

Active Schools Program – STEP COUNTS

Instructions:

For **each day** before going to bed starting on Sunday:

1. Write down the **number of steps** recorded by your pedometer
2. Write down the **number of hours** you were wearing it
3. Write down if there were **any problems** you had with your pedometer that day.
4. **After** writing down the information, **reset** your pedometer for the next day.

<i>Day: EXAMPLE</i>
<i>Number of Steps on Pedometer:</i> 8,250
<i>Number of Hours Wearing Pedometer:</i> 14
<i>Problems with Pedometer? (Yes or No):</i> Yes. Forgot to put it on until 9:00am

<i>Day: Sunday</i>
<i>Number of Steps on Pedometer:</i>
<i>Number of Hours Wearing Pedometer:</i>
<i>Problems with Pedometer? (Yes or No):</i>

<i>Day: Monday</i>
<i>Number of Steps on Pedometer:</i>
<i>Number of Hours Wearing Pedometer:</i>
<i>Problems with Pedometer? (Yes or No):</i>

<i>Day: Tuesday</i>
<i>Number of Steps on Pedometer:</i>
<i>Number of Hours Wearing Pedometer:</i>
<i>Problems with Pedometer? (Yes or No):</i>

DO NOT COMPLETE UNTIL INSTRUCTED IN CLASS!!!!!!

Activity Log Instructions

The following pages are for you to record the amount of time you were exercising and being physically active during the past three days.

Instructions (*Example on Next Page*):

1. For each day, think about the activities you did.
2. Find the activities on the activity chart on the side of the page. If the activity is listed, write down the number of that activity
3. If the activity isn't listed, write it in. If you aren't sure if it is "physically active" write it down.
4. For each activity, please put down the **number of minutes** you were doing that activity and how **intense** or how hard the activity was.

Low Intensity: Normal Breathing, Some Movement



Yoga



Light Walking

Moderate Intensity: Increased Breathing, More Movement



Jogging/Light Running



Lifting Weights



Shooting Baskets

High Intensity: Hard Breathing, Quick and Intense Movement



Basketball (game)



Swimming – Vigorous



Fast Running

EXAMPLE

Activity Chart	
1. Baseball	
2. Basketball - Game	
3. Shooting Baskets	
4. Bicycling	
5. Calisthenics (Push-ups, Sit-ups, Pull-ups, etc.)	
6. Canoeing/Kayaking	
7. Dancing	
8. Elliptical Machine	
9. Football	
10. Frisbee	
11. Golf – No Cart	
12. Golf – With Cart	
13. Gymnastics	
14. Hiking	
15. Jumping Rope	
16. Lacrosse	
17. Lifting Weights	
18. Martial Arts	
19. Racquetball	
20. Rollerblading	
21. Running	
22. Soccer	
23. Softball	
24. Swimming	
25. Tennis	
26. Volleyball	
27. Walking	
28. Yard Work	
29. Yoga	
30. Other Activities	

Activity	Minutes	Low	Moderate	High
Morning (Before 12:00 Noon)				
17	30			√
30 – Walking the Dog	15		√	
4	15	√		
Afternoon (Between 12:00 Noon and 6:00 PM)				
23	15	√		
5	20		√	
Evening (After 6:00 PM)				
21	25			√
5	20		√	
24	30		√	
27	30	√		

Sunday				
Activity	Minutes	Light	Moderate	High
Morning (Before 12:00 Noon)				
Afternoon (Between 12:00 Noon and 6:00 PM)				
Evening (After 6:00 PM)				

Activity Chart
1. Baseball
2. Basketball - Game
3. Shooting Baskets
4. Bicycling
5. Calisthenics (Push-ups, Sit-ups, Pull-ups, etc.)
6. Canoeing/Kayaking
7. Dancing
8. Elliptical Machine
9. Football
10. Frisbee
11. Golf – No Cart
12. Golf – With Cart
13. Gymnastics
14. Hiking
15. Jumping Rope
16. Lacrosse
17. Lifting Weights
18. Martial Arts
19. Racquetball
20. Rollerblading
21. Running
22. Soccer
23. Softball
24. Swimming
25. Tennis
26. Volleyball
27. Walking
28. Yard Work
29. Yoga
30. Other Activities

Monday				
Activity	Minutes	Light	Moderate	High
Morning (Before 12:00 Noon)				
Afternoon (Between 12:00 Noon and 6:00 PM)				
Evening (After 6:00 PM)				

Tuesday				
Activity	Minutes	Light	Moderate	High
Morning (Before 12:00 Noon)				
Afternoon (Between 12:00 Noon and 6:00 PM)				
Evening (After 6:00 PM)				

After completing the activity log, please answer the following questions

1. Was the activity log difficult to fill out?
 - a. If yes, what was most difficult?

2. Did you have trouble remembering your activities on any days? Which one(s)?

3. Were there enough lines to list all your activities?

4. Any additional comments?

THANK YOU!!!

Revised August 24, 2010