

Name:

Week:

Middle School PE

Physical Activity Assignment

Goal: Complete at least 30 minutes of physical activity each day this week.

You may choose any activities you enjoy, such as walking, running, cycling, or playing sports. Record the activity and the time spent doing it in the table below.

Day and Date	Activity Description	Minutes Spent	Total Time
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Reflection Questions

Complete the following reflection questions based on your activities this week.

1. What physical activity did you enjoy the most? Why?
2. How did physical activity this week make you feel?
3. What goals do you have for next week's physical activities?