

*****DIRECTIONS FOR WEEKLY ACTIVITY LOGS*****

YOUR GOAL each week (Monday – Sunday) is to complete 150 minutes of some type of activity!

1. Log in to your WelNet Account : <https://www.focusedfitness.org/>

*remember your username is your ISD Student ID# and your password is your last name, all lowercase.

**you can find your STUDENT ID on Family Access, underneath your picture when you login and view your profile, it says Student Id and has a 7-digit #. This is your ISD Student ID, and what you should use.*

2. Find the weekly assigned Activity Log where you will record your “active minutes” for this week!

- Click the PLUS to add an entry

- Make sure you have the correct date highlighted on the calendar

- Include the hours and/or minutes you were active

- Provide a DETAILED description of the activity you did (i.e. strength training plus 12 minute run outside)

- Choose the COMPONENT of fitness you think this exercise best fits

- Choose the INTENSITY LEVEL of your fitness that you worked at. Remember this will be different for everyone, as well as different for each activity you are doing. MOST of your activity will fall in the 3 or 4 category. Think of 1 as playing video games, 2 is walking your dog, or putting laundry away. 3 would be strength training, throwing a frisbee, playing baseball, hilly walk, easy bike ride, etc. Level 4 is intense yoga, tabatas, a pop sugar video, etc. Level 5 is the absolute hardest you’ve ever worked in your life!

- Feel free to log your activities in different sessions each day. For example, log an entry of 5 minutes of strength training, which is Muscular/Strength component, and a level 3. Then log an entry on the same day for 20 minutes of a kickboxing video which is the Cardiorespiratory component and a level 4.

- Your PE teacher expects you to aim for 150 minutes this week of activity that you log.

- Activity logs will be graded based on participation only. Do the work, you get 10 out of 10!

- Try to vary your exercise, and log some minutes at level 3, some at level 4, and try to get a few minutes each week at level 5!

3. If you have questions, please email YOUR PE TEACHER!

**Remember to stay safe, and keep your social distance from others during your time outside!*