RM 1-PA: Five-Day Physical Activity Recall

Name ___________________________ Date _______________ Class __________________

Instructions

Complete the following Five-Day Physical Activity Recall table, indicating the

- days/dates you engaged in physical activities (two of the five days must be weekend days)
- types of physical activities in which you participated
- amount of time (hours : minutes) you spent participating in activities of various intensity:
  - **Light activities:** You begin to notice your breathing, but talking is fairly easy.
  - **Moderate activities:** You can hear yourself breathe, but can still talk.
  - **Vigorous activities:** You are breathing heavily. It is difficult to talk.

Once you have completed the table, answer the questions that follow.

<table>
<thead>
<tr>
<th>Day/Date</th>
<th>Physical Activity</th>
<th>Amount of Time (hours : minutes) and Perceived Exertion</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Light  Moderate Vigorous</td>
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<tr>
<td>1.</td>
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<td>2.</td>
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<td>3.</td>
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<td>4.</td>
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<td>5.</td>
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<tr>
<td>Total Time</td>
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</tbody>
</table>

Current Status

1. Is the amount and type of physical activity identified in the table above an accurate reflection of your physical activity profile? Why or why not?

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________________________________________________________________________________
________________________________________________________________________________

2. Based on the criteria of the physical activity practicum that your teacher has identified for you and the information you provided in the Five-Day Physical Activity Recall table, how do you see yourself meeting the requirements for your physical activity practicum?

Continued
I am already on track to meet the requirements for my physical activity practicum.

I will be able to meet the requirements for my physical activity practicum with some additions to my current level of physical activity.

I am currently not active enough to meet the requirements of this course and will need the assistance of my teacher, friends, and family to do so.

Career/Job Aspirations

1. Identify, in the space provided, three careers/jobs that you envision for yourself in the next five to ten years. Identify the physical activity demands required to be successful in each career/job.

<table>
<thead>
<tr>
<th>Careers/Jobs</th>
<th>Physical Activity Demands</th>
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</table>

2. Examine the physical activity demands of each of the three careers/jobs that you identified. Are there commonalities? If so, what are they?

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3. Now compare the information you recorded in the Five-Day Physical Activity Recall table and the information you identified for your three potential careers/jobs. Based on this comparison, how do you see yourself meeting the physical demands of your potential career/job?

  ▪ I am already on track to meet the physical demands of my potential career/job.
  ▪ I will be able to meet the physical demands of my potential career/job with some additions to my current level of physical activity.
  ▪ I am currently not active enough to meet the physical demands of my potential career/job.

Comments

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