

## Activity/Running Log Tracking Sheet

The following organizer can support students in organizing their learning during the Gather and Organize component.

Date:	Time:	Hours slept last night:	Steps:	Distance:
Intensity of effort:		I'm feeling ...	Heart Rate:	Resting: ___ bpm
max	hard	fantastic	good	Active: _____ bpm
	medium	other	tired	Recovery: ___ bpm
	easy			
Comments/Reflection (Physical feeling, emotion, thoughts about results, etc.)				

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Adapted from Lawlor (2015a).