

Activity Log

Use the activity log to track your exercise. Remember, activity minutes add up. It's okay to break your total activity into smaller chunks of movement. I have introduced Tabata below. Give it a try! (openphsyed.org)

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	Daily Challenge 15 Minutes	Tabata* 15 minutes	Outside Run/Walk/Play	60 minutes
Day 1	15	15	3.5 mile run/ 23min	53 min
Day 2	15	15	3.5 mile run/ 23min	53min
Day 3	15	15	4 mile run 28 min	57 min
Day 4	15	15	No run	30 min
Day 5	15	15	4 mile run 28 min	57 min
Day 6	15	15	6 mile run 42 min	112 min
Day 7	15	15	4.5 mile run 32 min	102 min

***It's TABATA Time! What is Tabata Training?**

- Tabata training was created by a Japanese scientist named Dr. Izumi Tabata.
- True Tabata workouts combine 20 seconds of vigorous activity with 10 seconds of rest in between each set.
- We may adjust our timing and intensity throughout the module, but it's important to understand the history behind our workouts.
- Dr. Tabata's research showed that even 4-minute workouts using his timing formula can have positive results on a person's overall fitness.
- We'll focus on 2 types of Tabata activity routines - The first one I would like you to try is One and Done. I added some that I use for my workouts.

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One and Done

- This format is called “one & done” because each exercise is only done 1 time during the routine.

Set	Exercise	Interval
1	Jumping Jacks	30 seconds
	Rest	10 seconds
2	Forward Lunges	30 seconds
	Rest	10 seconds
3	Air Squats	30 seconds
	Rest	10 seconds
4	Jump Rope or Invisible Jump Rope	30 seconds
	Rest	10 seconds
5	Jog in place High Knees	30 seconds
	Rest	10 seconds
6	Mountain Climbers	30 seconds
	Rest	10 seconds
7	Burpees	30 seconds
	Rest	10 seconds
8	Plank Jacks	30 seconds
	Rest	10 seconds
9	Butt Kicks	30 seconds
	Rest	10 seconds

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10	Jump Squats	30 seconds
	Rest	10 seconds