

# Mt. Eden High School



P.E Make-up #13

Name: \_\_\_\_\_  
 Period: \_\_\_\_\_ Roll # \_\_\_\_\_  
 Teacher: \_\_\_\_\_

### HOW ACTIVE ARE YOU?

Answer the questions below as honestly as you can. If your score isn't too good, remember that you can start today to change them. Check the line that best describes what you do. At the end, add up. The number next to the boxes you checked. Write your total on the line marked "total"

	Always _____ 3	Sometimes _____ 2	Never _____ 1
1. I stay about the right weight for height	_____ 3	_____ 2	_____ 1
2. I exercise aerobically for at least 20 min At least 3 times a week	_____ 3	_____ 2	_____ 1
3. I walk instead of asking for a ride	_____ 3	_____ 2	_____ 1
4. After school I participate in an activity that Increases my level of fitness	_____ 3	_____ 2	_____ 1
5. I get A's in my PE class	_____ 3	_____ 2	_____ 1

\*Give yourself 1 bonus point if you participated in the cross country meet or the Turkey Trot this year!

How did you do? 10-12 Great! TOTAL \_\_\_\_\_  
 7-9 Good, but you could do better  
 4-6 You need to work on your fitness  
 0-3 You're taking risks with your health

**Aerobic Activity:** Do 3 days of 20 minutes of aerobic activity

	<u>DATE</u>	<u>ACTIVITY</u>	<u>TIME</u>
1.			
2.			
3.			

**Strength Activity:** For strength development do **4 separate days** of the following

A. 1 set of 15 push-ups and 1 set of 25 sit-ups

**Circle the 4 days you completed push-ups and sit-ups**

Fri. Sat. Sun. Mon. Tues. Wed. Thurs.

PARENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_