

Mt. Eden High School



P.E Make-up #14

Name: _____
Period: _____ Roll # _____
Teacher: _____

DISCOVER LIFETIME FITNESS

Listed below are few examples of negative and positive thoughts about exercise. Write two of your own thoughts about exercise in the space provided. Write in complete sentences.

Negative Exercise Thoughts

A. I'm too busy to exercise today. I am working too hard and I need a break.

B. None of my friends are fit or trim and they don't worry about it. I'm not going to worry either

1. _____

2. _____

Positive Exercise Thoughts

A. I can find time to exercise today. I just have to organize my life plan and my activities.

B. What my friends do about exercise has nothing to do with my exercise habits. I'll make additional friends who do exercise.

1. _____

2. _____

II. Aerobic activity: Do 3 days of 15 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
2 sets of 10 push-ups & 2 sets of 20 sit-ups

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

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

PARENT SIGNATURE: _____ DATE: _____