

**Activity/Running Log Tracking Sheet**

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



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| **Date:** |  | **Time:** |  | **Hours slept last night:** | | | **Steps:** | **Distance:** |
|  | |  |  |  |  |  |  |  |
| **Intensity of effort:** | |  |  | **I’m feeling ...** |  |  | **Heart Rate:** | **Resting:** \_\_\_\_ bpm |
|  |  |  |  | fantastic | good | tired |  | **Active:** \_\_\_\_\_\_ bpm |
| max | hard | medium | easy | other |  |  |  | **Recovery:** \_\_\_ bpm |
|  |  |  |  |  |  |  |  |  |

**Comments/Relection (Physical feeling, emotion, thoughts about results, etc.)**

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**Comments/Relection (Physical feeling, emotion, thoughts about results, etc.)**

**Adapted from Lawlor (2015a).**

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**Ophea | 2016 | Inquiry-Based Learning in Health and Physical Education**