

Wellness 10

ACTIVITY LOGBOOK

<50%	50-80%	80-100%
Less than 50 hours	50-60 hours of activity time	More than 60 hours of activity time

It is also expected that you complete at least four different types of activities (Body Management, Alternate Environment, Target Games, and Net Games) for a minimum of 1 hour. These different activities may include:

1. **Body Management** ([Yoga](#), [Dance](#), [Stretch Aerobics](#))
 Participate in the activities several times.
 Complete the linked activity reflection.
2. **Alternate Environment** ([Workout](#), [Skating](#), [Hiking](#)) *Seasonal: Canoeing*
 Participate in the activities several times.
 Complete the linked activity reflection.
3. **Target Games** ([Bocce Ball](#), [Bowling](#), [Disc Golf](#))
 Participate in the activities several times.
 Complete the linked activity reflection.
4. **Net Games** ([Table Tennis](#), [Pickleball](#))
 Participate in the activities several times.
 Complete the linked activity reflection.

Day and time	Activity	Duration of activities
EXAMPLE: Mon. Nov 2nd @ 11am	20 min bike & 20 min strength circuit	40 minutes
Thurs. Jan 4th @1:15pm	40 mins weight training (back)	40 mins

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