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| Name:  | **PE Journal: Unit 8 Fitness Equipment** |
| Please fill out at least **5 rows** of activity below. Each Day is worth **2 points** if you complete all the columns. Try to do **35 minutes** of activity per day. Extra credit if you do more than 5 days. This week is focused on Fitness Equipment. Fitness equipment can be anything you use while your being active.Gym Equipment, Internet, Water Bottle, Music, Bike, dog leash, protective gear, fit watch, pedometer, etc.  |
| **Date** | **What Activity***(1 point)* | **How Long? 35** min.  | **Answer ALL questions about Fitness Equipment:** *(1 point each)*Please try your best and use your resources in class to generate your thoughts. Please include examples in your answers.  |
| *Ex:* | *Ran on Treadmill* | *39 min* | *Without the treadmill, I would have to run outside – too cold!*  |
| Sat3/4 | Found a tree laying there on the ground and tried to lift it, failed first time. | 12 min | Stop being a wimp, it is thirty-two degrees. |
|
| Sun3/5 | Went back to the tree and tried again. Got part of it up, and lifted only that for a while as an exercise. | 36 min |
|
| Mon3/6 | Met the tree yet again, and got almost all of it off of the ground. It was pretty heavy. | 42 min | How has technology improved activity? Please supply an example |
| It’s been built for wimps who can’t stand to lift a few dozen trees for a workout. |
| Tues3/7 | Went for a quiet walk to shake off the stress | 1 hour | Which is better for teenagers? Body weight exercises or heavy free weights? |
| Body weight exercises. |
| Wed3/8 | Lifted the tree yet again. Stop being inferior, tree! | 41 min | How do you figure out the right shoe for running or walking? |
| Check out the heel shape. |
| Thur3/9 | Light stretches along with some sit-ups and a nice walk in the park. | 1 hour 4 mins | What is a common mistake beginners make at the gym? |
| Crossing ***Me***. |
| Fri3/10 | Lifted the tree fully off the ground. It’s heavy. | 52 mins | What does a “foam roller” do and help with? |
| I have no idea, I’ve been lifting trees. |