

Daily Activity

Part of the physical education program in Alberta schools is for students to be more aware of their personal 'daily' activity. Many people believe that they may be inactive because they don't play 'organized sport'. There are actions we can all take to be more active in our daily lives without necessarily adding 'organized' exercise to our schedules.

The purpose of this assignment is to track for 7 days your activity level; utilizing technology. Then you will set goals for the next 7 days on increasing your activity level.

Acceptable tracking devices:

- cell phone 'health trackers' which probably already track your 'steps'.
- Fitness Apps for cell phones or other devices which have (example: MapMyFitness)
- FitBit, Apple Watch or similar devices that track all activity in a day

For Teacher Use Only

Total Mark: /50

Overall Marking Feedback:

Step 1: Setting a Baseline

Week 1

You will need to track all activity for a week. Depending upon your device, you may need to include mixed methods of tracking. **For week one, do not add anything to your activity lifestyle that you already don't do.** You are only setting a baseline for this week. You will not be graded on your current activity level, only that you have recorded your activity levels for each day.

You may choose to record this section from 'last' week using historical data you may find on your cell phone or fitness device if you already use one. If you choose to use historical data, please choose a week which contains the most normal activity levels.

Most cell phones have built in Apps which track steps whether you have purposely turned it on or not. Examples are the *Health* app on iPhones. **/10 marks**

Date of first day of the week: Monday _____	Type of 'steps' device (iPhone) Number of steps	Purposeful exercise # minutes and activity	Other example: readings off of exercise machines such as miles or calories burned or Fitness App readings	Any comments about activity: (raining outside, adaptations to usual program)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Totals for the week				

***Include screenshots of any technology you are using showing activity data. This can be graphs/charts of weekly data/ daily data. Provide any data that illustrates activity levels.**

Step Two: Goal Setting: Increasing Activity Levels

The overarching goal will be to increase your daily activity level. In this step, you will define what types of actions you will do to increase your activity levels.

Suggestions:

- Start a challenge offered by the app you are using
- Walk to school instead of riding
- Take the stairs opposed to elevators
- Parking further away from store doors
- Get off the bus one or two stops early
- Use bathrooms that are further away
- Set alarm reminders to 'get up and walk'

1. Which measure will you attempt to increase? (Hint, which column from the previous page) **(2 marks)**

2. Set a goal for the increase you would like to make (such as increased time per day, increased steps per day, increase per week, etc). **(2 marks)**

2. What App/device will you be using to measure your progress? **(1 mark)**

3. Is there a notification system with your App that you can set to help you with your goal? Explain what it is, and how you will use it. **(2 marks)**

4. Set a schedule for the upcoming week of items you will be doing to achieve your goal. Define which days you will be purposefully exercising or participating in activities. **(2 marks)**

Day of week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity							

Step Three: Record Week of Activity using Technology

Day	Type of 'steps' device Number of steps	Purposeful exercise # minutes and activity	Other: _____	Other: _____
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Totals for the week				

***Include screenshots of any technology you are using showing activity data. This can be graphs/charts of weekly data/ daily data. Provide any data that illustrates activity levels. This can be inserted at the end of this document.**

(10 marks for completed chart)

Step Four: Reflections

1. Did you achieve your stated goal? Explain **(3 marks)**

2. Were there other aspects of fitness that increased that were not part of your goal that improved? **(2 marks)**

3. What role did the App/Device have in your week of activity? What did you use the App for? **(4 marks)**

4. What are other features on the App that you could use but didn't? **(2 marks)**

5. Can you see yourself using the App in the future? Explain **(3 marks)**

6. What is one thing you learned from using the App? **(2 marks)**

7. Describe any positive or negative aspects of using an App to help improve fitness levels? **(2 marks)**

8. Insert any data below showing the app recorded data from your week of activity. This can include screenshots from devices or summary data from web-based versions of Apps used. **(3 marks)**