**JOURNAL FOR PHYSICAL EDUCATION CLASS**

**I** want everyone to do this journal at the end of all their workouts not daily (so at the end of the Week for the **Rookie Workout**. On the 2nd workout, the **Full Circuit Workout** , give me the journal at the end of the week also.

Today’s Date:

Name of Workout:

I have completed the workout sent to me. **Yes\_\_\_ No\_\_\_\_**

Was this workout too difficult or too easy for you?

What level of the workout did you do?

How do you feel after the workout?

What did you like or dislike about this workout?

Is this an activity that you would like to see incorporated into our regular classes when we return?