

AMI-HS PE Activity Log

Name _____

Sport - Skills _____

Directions: You only need to fill out one day for each AMI day assigned. (Ex. AMI-Day #1) Choose an activity from any skills we have learned in class, be creative in what you can find to use for equipment, list 3 activities, how long you participated, the intensity, and your reflection of the activity.

Date	Describe Activity	Duration (time)	Intensity (Mild, Moderate, Vigorous)	Personal Reflection (what did you think about it)
AMI-Day 1				
AMI-Day 2				
AMI-Day 3				
AMI-Day 4				