

WORKSHEET

CONFIDENTIAL SUPER HEALTH HERO CHART

There are many forms of exercise that are fun as well as healthy. Select one or several activities from the list, or choose a favorite of your own.

- Jump rope
- Running (around a track or school ground)
- Jumping jacks
- Push-ups
- Sit-ups
- Pull-ups

Record your starting rate

If your activity requires repetitions, write down the number of repetitions you are able to do on the first day of your plan. For example: If you can do five sit-ups on the first day, then under “Day 1” write “five sit-ups.”

Write your answers to the following questions: How did I do the first day? What activity or activities have I decided to improve?

If your activity requires developing skills, then write what you will need to learn to become good at the activity.

Track your progress each day for three weeks (not including weekends).

Each day, record what exercise you are doing and the number of repetitions and/or length of time you spent doing the activity(ies). Notice if your skills are improving? Can you do more repetitions? Can you do the activity for a longer period of time? Are you feeling stronger? What time of day works best for you to practice your activity? Record notes about your progress.

Day 1 _____

Day 2 _____

Day 3 _____

Day 4 _____

Day 5 _____

Day 6 _____

Day 7 _____

Day 8 _____

Day 9 _____

Day 10 _____

Day 11 _____

Day 12 _____

Day 13 _____

Day 14 _____

Day 15 _____

