NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Cardio-Fitness Data Sheet**

**As an addition to our 3rd MP unit grades, I’ve attached this assignment to get you up and moving. Understand that this can only help your grade and not hurt it. As you probably know, for MP4, we will transition to Google Classroom for our assignments.**

**Perform the following Exercise routine at least twice a week and record the heart rate data on the chart.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Movement | Time Started | Time Ending |
| 2 Minutes  (Warm-up) | Slow Walk |  |  |
| 4 Minutes | Medium Walk |  |  |
| 4 Minutes | Slow Jog |  |  |
| 3 Minutes | Medium Jog |  |  |
| 3 Minutes  (Cool Down) | Slow Walk |  |  |

There will be a follow-up to this assignment coming in the 4th quarter.