Name \_\_\_\_\_\_\_\_\_\_

Period\_\_\_\_\_\_\_\_\_

Physical Education

Workout and Routing Evaluation

1. Explain what you did for exercise this week? (Own workout or the one I posted)
2. What do you think is the biggest change in your routine or daily schedule?
3. What is your daily schedule? (Write below the example)

Example:

 6 am – 7:30 am wake up and exercise

 7:30 am – 8:30 am Breakfast

 8:30 am – 10:30 am School (Math/English)

 10:30 am – 11:00 am Break to stretch legs ☺

 11:00 am – 1:00 pm – School (Science/History)

 1:00 pm – 1:30 pm Break Lunch or snack

 1:30 pm – 3:30 pm (History or PE or Other subject)

 3:30 pm - 4:30 pm Break to talk with friends and chat or play games.

 4:30 pm - 6:30 pm Finish up any work you didn’t get to during the day.

 6:30 pm – End of evening Family or fun.

1. What time of day are you exercising and why did you pick that time?