

Name: _____ Dates: _____

Physical Activity Log

Use the activity log to track your progress. Remember, activity minutes add up. It's okay to break your total activity into smaller chunks of movement.

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	Daily Challenge 15 Mins	Tabata 15 Mins	Walk with Family 30 minutes	60 minutes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				



TABATA Time!

What is Tabata Training?

- ✓ Tabata training was created by a Japanese scientist named Dr. Izumi Tabata.
- ✓ True Tabata workouts combine 20 seconds of vigorous activity with 10 seconds of rest in between each set.
- ✓ We may adjust our timing and intensity throughout the module, but it's important to understand the history behind our workouts.
- ✓ Dr. Tabata's research showed that even 4-minute workouts using his timing formula can have positive results on a person's overall fitness.

We'll focus on 2 types of Tabata activity routines - One and Done, and Double or Nothing. Then, you can use the blank routine chart to create your own workout.

One and Done

This format is called "one & done" because each exercise is only done 1 time during the routine.

Set #	Exercise Name	Interval Start
1	Jumping Jacks (20 seconds) Rest 10 seconds	0:00
2	Lunges (20 seconds) Rest 10 seconds	0:30
3	Hold Plank Position (20 seconds) Rest 10 seconds	1:00
4	Invisible Jump Rope (20 seconds) Rest 10 seconds	1:30
5	Squats (20 seconds) Rest 10 seconds	2:00
6	Plank Leg Raises (20 seconds) Rest 10 seconds	2:30
7	Jog in Place with High Knees (20 seconds) Rest 10 seconds	3:00
8	Plank Arm Raises (20 seconds) Rest 10 seconds	3:30



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Double or Nothing

This format is “Double or Nothing” because each exercise is done twice in a row

Set #	Exercise Name	Interval Start
1	Lunges (20 seconds) Rest 10 seconds	0:00
2	Lunges (20 seconds) Rest 10 seconds	0:30
3	Hold Plank Position (20 seconds) Rest 10 seconds	1:00
4	Hold Plank Position (20 seconds) Rest 10 seconds	1:30
5	Squats (20 seconds) Rest 10 seconds	2:00
6	Squats (20 seconds) Rest 10 seconds	2:30
7	Jumping Jacks (20 seconds) Rest 10 seconds	3:00
8	Jumping Jacks (20 seconds) Rest 10 seconds	3:30



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Create Your Own

Create your own routine in the chart below. Looking for good exercises?
Visit www.darebee.com/video.html for a library of exercise videos.

Set #	Exercise Name	Interval Start
1	Exercise Name: _____ (20 seconds) Rest 10 seconds	0:00
2	Exercise Name: _____ (20 seconds) Rest 10 seconds	0:30
3	Exercise Name: _____ (20 seconds) Rest 10 seconds	1:00
4	Exercise Name: _____ (20 seconds) Rest 10 seconds	1:30
5	Exercise Name: _____ (20 seconds) Rest 10 seconds	2:00
6	Exercise Name: _____ (20 seconds) Rest 10 seconds	2:30
7	Exercise Name: _____ (20 seconds) Rest 10 seconds	3:00
8	Exercise Name: _____ (20 seconds) Rest 10 seconds	3:30