

## Sharpen the Saw: Fitness Leadership Award

Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

<b>Activity Chart</b>			
<b>Activity</b>	<b>Number of Minutes (to get 1 point)</b>		
Soccer	25		
Aerobic routines	20		
Basketball (1-on-1, 2-on-2, 3-on-3, half-or full-court)	20		
Walking	20		
Cross-country skiing	20		
Riding a bicycle	20		
Inline skating	20		
Hiking	20		
Jogging	15		
Swimming	10		
Jumping rope for 3 min. and walking for 1 min.	10		
Ice skating	20		
Other aerobic activities approved by your teacher	20		
<b>Target heart rate</b>			
Maximum heart rate= 220-age			
Resting heart rate= maximum heart rate -70			
Lowest target rate= 0.70 x maximum heart rate			
Highest target rate= 0.85 x maximum heart rate			
<b>Age</b>	<b>Target Heart Rate</b>	<b>Age</b>	<b>Target Heart Rate</b>
5	150-183	9	148-180
6	148-180	10	147-179
7	148-180	11	146-178
8	148-180	12	146-177
A simple way to figure out your heart rate is to count how many times your heart beats in 6 seconds and add a 0 to that number. For example, 16 beats in 6 seconds= 160			

## Fitness Leader Progress Chart

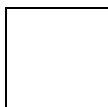
Color 1 square for each point earned

- You may only earn two points per day

### Bronze (120-149 points)


### Silver (150-179)


### Gold (180)



**You made it!**  
**Turn this chart into your teacher by June 1st**

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_