

Name Mr. Hartberg

Date 3/2/10 Hr _____ CLE

Health Nutrition Unit 24 hour activity logs

24 hour activity Log, Date <u>3/2/09</u>		
Activity (intensity: light, moderate, hard)	Time Duration	Convert to minute
Sleep	12am- <u>5:30a</u>	330
Eat Breakfast	5:30-5:45a	15
Get ready school	5:45-6:30	45
Drive to school	6:30-6:45	15
Walk around class	6:45-3:15	480 (-30m)
Eat Lunch	12:45-1:15	30
Play games w kids	3:15-5, 6- 8:00p	105, 120
Prepare and eat	5-6p	60
Sleep	<u>8</u> -12am	240
Total # of minutes should equal 1440 minutes		1440

24 hour activity Log, Date _____		
Activity (intensity: light, moderate, hard)	Time Duration	Convert to minute
Sleep	12am-__	
Sleep	__-12am	
Total # of minutes should equal 1440 minutes		