**Standard:** The students will be able to evaluate their performance.

**Task #1:** You will be keeping a personal journal for a total of 4 weeks. This journal is a daily journal on your physical activity. Information that you could include in your writings could be: type of activity, heart rate, how you felt, what you need to change, cool down, etc. Your journal is for you to self-assess and reflect on your personal fitness levels. It will allow you to record your actual exercise schedule and your thoughts and feelings. These journals will be turned in at the end of the unit. They will not be shared with the class— they are your personal journals.

**Criterion:** Completion of the daily personal journal

**Rubric:**

- **A** = Student completes journal for 20 days
- **B** = Student completes journal for 18-19 days
- **C** = Student completes journal for 16-17 days
- **D** = Student completes journal for 14-15 days
- **F** = Student does not complete journal (13-less)