







# ACTIVITY LOG (Part 2)

Name: \_\_\_\_\_

## TOTALS (in mins.) from Part 1 of the LOG:

Day #	Type of Activity	Sleep	Class Time	Sedentary	Lifestyle	Moderate *	Vigorous *	Calories Burned

## TOTALS CONVERTED to HOURS:

Day #	Type of Activity	Sleep	Class Time	Sedentary	Lifestyle	Moderate	Vigorous	Calories Burned

## MAKING YOUR PIE CHART:

- To simplify and streamline the task of making a pie chart, a **"template"** for this project has been already created, and is available for your use.
- The **"Totals"** that have been converted into hours (per week) from Part 2 (above) will be used as the data to create YOUR own "Pie Chart."
- To use the "Pie Chart Template," open the document "charttemplate.doc" that has been provided. (Instructions are included on that document.)

### Using that template:

- Click on the "sample" pie chart that is displayed on the document. This should open the "Microsoft Graph Worksheet."
- Using your own data that you recorded/converted in your Activity Log – Part 2, you may use this "sample" to create your own pie chart!
- **To change the sample chart, simply type YOUR Hourly Totals in the top row/cell on the graph worksheet under the corresponding category titles of Sleep, Class Time, Sedentary, Lifestyle, Moderate, and Vigorous.**
- Entering your own weekly total of hours will immediately change the pie chart to reflect your own data.
- This personal "Pie Chart" should then be printed, then cut-out by hand, and then glued into the designated section of the "Finding Fitness" Project document (Part II., B.)

## DIRECTIONS to Find Caloric Expenditures of \*Activity Categories: (\*only for Moderate & Vigorous activities)

The caloric expenditure of various activities can be found by using these online resources:

- Calories Burned in Exercise (<http://k2.kirtland.cc.mi.us/~balbach/calorie.htm>)
- Calorie Expenditure Chart (<http://www.netfit.co.uk/fatcal.htm>)
- Calories Per Hour ([http://www.caloriesperhour.com/index\\_burn.html](http://www.caloriesperhour.com/index_burn.html))
- iVillage's Health Calculators (<http://www.ivillage.com/topics/fitness/0,,165552,00.html#tools>)
- Medtropolis ([http://www.medtropolis.com/HC\\_BodyMass.asp](http://www.medtropolis.com/HC_BodyMass.asp))