

Max's Personal Health and Fitness Journal

Learning objective: To understand the components of a healthy lifestyle and the physical effects of exercise on the human body.

Max the monkey is training for the Great Forest Games! Use this template to track your own physical activity, nutritional choices, and heart rate observations. Fill in each section thoughtfully to create a comprehensive record of your personal fitness journey.

Word bank: cardiovascular · stamina · nutrients · metabolism · hydration · flexibility · endurance · pulse · recovery · balanced

1. Physical Activity Log: Describe the specific exercise you performed today and explain why it is important for your cardiovascular health. (2 marks)

2. Heart Rate Observations: After exercising, measure your pulse. Describe how your heart rate changed and justify why the body requires more oxygen during physical exertion. (3 marks)

3. Nutritional Choices: List the food items you consumed today. Compare and contrast your choices with a 'balanced diet' and explain how these nutrients support your energy levels. (3 marks)

4. Hydration and Recovery: Why is water essential for someone who is physically active? Explain the biological role of hydration during sports. (2 marks)

5. Fitness Goals: Identify one area of your physical fitness you would like to improve (e.g., stamina, flexibility). What strategy will you use to achieve this goal? (2 marks)

6. Hypothetical Scenario: What might happen to an athlete's performance if they consistently neglected their sleep and recovery time? Justify your answer using scientific reasoning. (3 marks)

Extension challenge: Design a 7-day 'Forest Games' training plan for Max the monkey. Your plan must include a variety of activities to improve strength, speed, and flexibility. Write a short paragraph explaining why variety is essential for overall physical development.