

Bank of Fitness Account Book

Here's a motivational aid that combines fitness log-keeping with the practical life-skill of maintaining a checkbook ledger.

How to Make

Photocopy the reproducible "National Bank of Fitness Account Book" (see the next two pages) so the ledger and title page are on opposite sides of the same sheet of paper (yes, the title page is supposed to be upside down). Fold the photocopied page in half and you have your ledger.

How it Works

Provide each student with a copy of the Fitness Bank Account Book.

Instruct them to record each exercise session as if it were a deposit into a "fitness bank." There's a column for the number of the workout, the date, type of exercise and duration in minutes.

Your students can keep a running total, or at the end of several weeks, add up their total exercise minutes to see how large their fitness account has grown. The ledger also acts as a fitness log-book which allows you to monitor your students' exercise activity as an assignment.

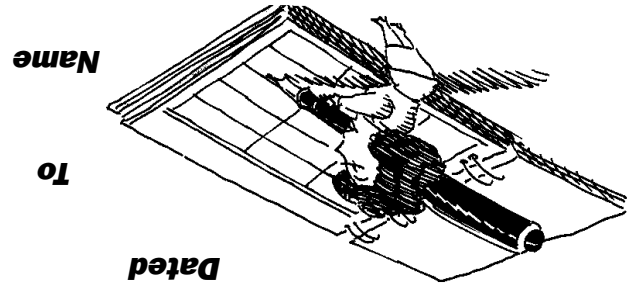
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References:

1. Dan Hoering, Fitness Bank, Fitness in Training.com
<http://www.fitnessintraining.com/fitnessbank.htm>
2. Allan N. Sander & Elsie C. Burton, "Learning aids—enhancing fitness knowledge in elementary physical education." **Journal of Physical Education, Recreation & Dance**, January 1989.

*A reproducible
exercise log in the
form of a checking
account ledger.*





NATIONAL BANK OF FITNESS **ACCOUNT BOOK**



**A bank account
for a better
quality of life!**

