



Student Name: _____ Age: ____ Gender: M / F Date: _____

Please complete this reflection sheet at the end of the 7th day. It is meant to have you look back on the past 7 days and reflect on the project.

1. Were there any physical activities that happened this week that were out of your regular weekly schedule? If so, which day, how long, and what was it?

Event	
Day(s) of the week	
Length of time	

2. Did you find that wearing the watch made you more aware of how active or inactive you were? Yes No

3. In terms of regular physical activity, was this past week:

- More active than normal - reason(s) _____
- As active as normal
- Less active than normal – reason(s) _____

4. As you are now ending your Phys. Ed 10 course, and perhaps your Phys. Ed career in high school, how helpful were your Phys. Ed courses (grades 8-10) in providing you with a wide range of opportunities to achieve your DPA requirements? Please be as specific as you can.

5. For stage 2 of the project (semester 2 without a Phys. Ed course) do you feel you will:

- Get more DPA
- Get the same DPA
- Get a little less DPA
- Get a lot less DPA