**ACTIVE HOME PHYSICAL EDUCATION: HIGH SCHOOL 30 Days of High Intensity Interval Training**

Complete the activity with a friend or family member. Don’t forget to log your daily physical activity time.

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|  | **DAY 1** | **DAY 2** | **DAY 3** | **DAY 4** | **DAY 5** |
| **My Learning Goals** | I will begin the 30 Days of HIIT challenge and complete all journal prompts. | I will I be mindful of my perceived exertion during HIIT workout and complete journal prompts. | I will develop 3 strategies to maintain my perseverance during the 30 Days of HIIT Challenge. | I will complete journal prompts with a focus on designing an active lifestyle. | I will reflect on the first 5 days of the 30 Days of HIIT challenge and develop next week’s fitness plan. |
| **Today’s Vocabulary** | **HIIT (High Intensity Interval Training)**  A form of exercise characterized by a series of short bouts of vigorous exercise followed by brief periods of rest or moderate exercise. | **PERCEIVED Exertion**  How hard an individual feels her/his body is working during a bout of physical activity or exercise. | **Perseverance**  To continue along a course of action in the face of difficulty. | **lifestyle**  The way in which a person lives. A way of life. | **fitness plan**  A course of action to reach a desired level of fitness, typically including an exercise schedule and approach to nutrition. |
| **Warm-Up Activity** | [Healer](https://darebee.com/pdf/workouts/healer-workout.pdf) Warm-Up  (Darebee.com) | [Healer](https://darebee.com/pdf/workouts/healer-workout.pdf) Warm-Up  (Darebee.com) | [Healer](https://darebee.com/pdf/workouts/healer-workout.pdf) Warm-Up  (Darebee.com) | [Healer](https://darebee.com/pdf/workouts/healer-workout.pdf) Warm-Up  (Darebee.com) | [Healer](https://darebee.com/pdf/workouts/healer-workout.pdf) Warm-Up  (Darebee.com) |
| **Learning Focus Activity** | **Activity 1:**  [30 Days of HIIT](https://darebee.com/pdf/programs/30-days-of-hiit.pdf) (DAY 1)  Complete  Fitness Planning Journal Page | **Activity 2:**  [30 Days of HIIT](https://darebee.com/pdf/programs/30-days-of-hiit.pdf) (DAY 2)  Complete  Fitness Planning Journal Page | **Activity 3:**  [30 Days of HIIT](https://darebee.com/pdf/programs/30-days-of-hiit.pdf) (DAY 3)  Complete  Fitness Planning Journal Page | **Activity 4:**  [30 Days](https://darebee.com/pdf/programs/30-days-of-hiit.pdf)  [of HIIT](https://darebee.com/pdf/programs/30-days-of-hiit.pdf) (DAY 4)  Complete  Fitness Planning Journal Page | **Activity 5:**  [30 Days](https://darebee.com/pdf/programs/30-days-of-hiit.pdf)  [of HIIT](https://darebee.com/pdf/programs/30-days-of-hiit.pdf) (DAY 5)  Complete  Fitness Planning Journal Page |
| **Daily Movement Activity** | [Darebee Yoga Flow](https://darebee.com/pdf/workouts/yoga-flow-workout.pdf) | [Darebee Yoga Flow](https://darebee.com/pdf/workouts/yoga-flow-workout.pdf) | [Darebee Yoga Flow](https://darebee.com/pdf/workouts/yoga-flow-workout.pdf) | [Darebee Yoga Flow](https://darebee.com/pdf/workouts/yoga-flow-workout.pdf) | [Darebee Yoga Flow](https://darebee.com/pdf/workouts/yoga-flow-workout.pdf) |
| **Refocus** | Choose a  [Guided Meditation](http://mindfulnessforteens.com/guided-meditations/) | Choose a  [Guided Meditation](http://mindfulnessforteens.com/guided-meditations/) | Choose a  [Guided Meditation](http://mindfulnessforteens.com/guided-meditations/) | Choose a  [Guided Meditation](http://mindfulnessforteens.com/guided-meditations/) | Choose a  [Guided Meditation](http://mindfulnessforteens.com/guided-meditations/) |
| **Did You Complete the Fitness Log?** | **Yes or No** | **Yes or No** | **Yes or No** | **Yes or No** | **Yes or No** |
| **How am I feeling today?** |  |  |  |  |  |