



# RETURN AND RECONDITIONING



## PARTICIPANT HANDOUT

### RETURN AND RECONDITIONING PERSONAL LOG

24 Hour Movement Guidelines: <https://csepguidelines.ca/children-and-youth-5-17/>

Date	Minutes of physical activity	Minutes of screen time	Hours slept
<b>TOTAL</b>			

#### Reflection Questions

1. Did your days reflect the 24 Hour Movement Guidelines? Why or why not?

---



---



---



---



---

2. What was your best day over all? Did you notice a difference in how you felt?

---



---



---



---



---

3. When you got less sleep, did you notice a difference the next day? What did you notice?

---

---

---

---

---

4. Did tracking your activity help you understand your habits better? Why or why not?

---

---

---

---

---

