

Week 3 to 8 Physical Activity Log Assessment Rubric

17 to 20 marks	<ul style="list-style-type: none">• The physical activity log lists at least 15 hours of physical activity.• All the answers to the Wellness Journal questions are well organized, are complete, and make sense.
11 to 16 marks	<ul style="list-style-type: none">• The physical activity log lists at least 15 hours of physical activity• Some of the answers to the wellness journal questions are organized, are complete and make sense.
10 or fewer marks	<ul style="list-style-type: none">• The physical activity log lists fewer than 15 hours of physical activity• The answers to the wellness journal questions are poorly organized, are incomplete, and do not make sense.