## **Track Participation in Physical Activities**

## Overview

This activity encourages cadets to participate in physical activities. Through tracking your physical activities and participating in the Cadet Fitness Assessment, you will adopt an active lifestyle.

## **Requirements and Standard**

- 1. Participate in the Cadets Fitness Assessment.
- 2. Complete a minimum of 60 minutes of moderate -to vigorous- intensity physical activity (MVPA) daily for 24 days over four consecutive weeks.

Date	Activity	Number of hours	Cumulative Total	Signature