



Administering the Mission Journal

Important! Students should have proper medical clearance on record before participating in any kind of physical activity program.

The NASA Fit Explorer Project provides your students an opportunity to train like an astronaut using science, technology, engineering, and mathematics. Working individually, and together as a crew, they can complete physical activity missions and research topics relating to their bodies and space exploration.

The Mission Journal will help your students set individual physical activity or research goals and track their improvements over time. If participating in the Fit Explorer Challenge, the Mission Journal can be used to collectively track individual point totals to apply toward the crew's overall point goal.

Using the Mission Journal, students will be able to

- set weekly physical activity or research goals;
- record qualitative and quantitative data;
- make daily observations about their physical performance and improvement; and
- track the frequency of their physical activity and research for points toward the Fit Explorer Challenge.

Mission Journal Contents

Print the Mission Journal contents and assemble a Mission Journal for each participating student. Each student should have their own Mission Journal. (A three-ring binder or folder is recommended.)

Each student's Mission Journal should contain:

- Mission Journal Instructions
 - A copy of the Mission Journal Instructions should be included in the student's journal for future reference.
- Mission Handouts
 - Each Mission Handout introduces a new physical activity. The Mission Handout should be inserted into the student's Mission Journal for future reference.
- Mission Logs
 - Each Mission Log allows for a week of data collection referring to the Mission Handout physical activity.
- Graph paper
 - Graph paper should be added to the Mission Journal for tracking the quantitative data collected on each Mission Log.
- Mission Journal Reflection
 - The Mission Journal Reflection is an assessment tool to help students summarize their learning experience.

Note: Blank notebook paper may be included for answering the Mission Journal Reflection, as well as for doing calculations or taking notes.

Mission Journal Instructions

1. Have the students read the Mission Journal Instructions and discuss as a group.
2. Introduce a Mission Handout physical activity and have the students add the document to their Mission Journal.
3. Conduct the physical activity with the students while referencing the Mission Handout. (See the correlating Mission Handout Educator Guide for details.)
4. Students should record their own experiences as they train like an astronaut on their Mission Log. Entries include:
 - *My Goal For This Week* – Have the students set a physical activity or a research goal to accomplish for the week. Make sure their goal is specific.
 - *Date* – Place the dates for the week in the boxes down the side of the Mission Log.
 - *Activity Details* – Have the students enter qualitative and quantitative information about their physical activity for that day. (See the correlating Mission Handout Educator Guide for details.)
 - *How I Felt* – Have the students record how they felt before, during and after each physical activity.
 - *Activity Completed* – Have the students place a “✓” in the box if they practiced the physical activity that day.
 - *Research Completed* – Have the students place a “✓” in the box if they researched a related topic that day.
 - *What I Learned* – Have the students record at least one thing they learned about the physical activity they practiced or a related topic they researched.

Note: Research topics relating to each physical activity can be found on the Mission Log. Students may research independently or as a group. This option will allow students to contribute extra points for the group and is ideal for students with physical disabilities/limitations.
 - End of Week – Every week (when the Mission Log is complete) students should total their activity and research checkmarks, then record the total amount of checks in the corresponding shaded shape on their Mission Log.

Note: Gather your students’ point totals from each Mission Log and record on the Weekly Point Tracker. Weekly point totals may then be logged into the Fit Explorer Challenge Tracker.
 - Observations – Upon reviewing their Mission Log, students will:
 - record their observations about improvements made by practicing the physical activity during the week;
 - check whether they did or did not meet their goal for the week (physical activity or research); and
 - record what they feel is the most important thing they learned for that week.
5. Using the graph paper, have students organize the quantitative data collected in the Mission Log.
6. Introduce and practice the next Mission Handout physical activity. Remember to have the students update their Mission Journal with the Mission Handout and the corresponding Mission Log.

Note: This process should continue until the group’s desired goal distance for the Fit Explorer Challenge has been attained.

7. In summary, students should conclude their experience by answering the questions on the Mission Journal Reflection, using their Mission Journal as a reference. This will help students summarize their physical improvements and reflect on what they have learned about the role of being healthy and fit on Earth and for space exploration. Have students discuss their findings individually or as a group.

Student Progress

If persistent, over time students should observe improvement in their performance of the physical activities. Students will be able to recognize these improvements by measuring their performance using the *Test Yourself* section on the Mission Handouts. Students should find that they can do the physical activities longer, at a higher intensity, and experience less fatigue than when they started.

You may wish to discuss the students recorded goals as a group, listing what may or may not be appropriate goals for the physical activity. The goals should be safe and logical. The students should set goals for attaining specific activity improvements. Use the Your Mission section on each Mission Handout to most accurately determine if the student's goals meet the objectives of the physical activity. When modifications for students with physical disabilities/limitations are not possible, a research goal may be set. Also encourage students to aim to adapt better lifestyle changes to improve their physical performance, such as drinking more water, getting more rest, or making healthier food choices.

More information on physical activity guidelines can be obtained by visiting the Office of the President's Council on Physical Fitness and Sports at http://www.fitness.gov/home_resources.htm.

Suggestions for Educator/Administrator

- You may wish to have students record in and/or discuss the Mission Journal during your class or meeting time. Physical activities may be done in the classroom, in Physical Education classes, in a supervised science lab, in an after-school program, or you may prefer to encourage students to safely perform the physical activities at home or in their community, under adult supervision.
- To expand on the How I Felt section of the Mission Log, have students gauge the level of difficulty for the physical activity on a scale of 1-10 (1 being very easy to do, 10 being very hard). This indicator may help the students assess their progress.
- Students may follow the progress of their physical performance by reviewing their Mission Logs and their data graphs.
- Encourage students to find more ways to be physically active at home with their family and within their community.
- If participating in The President's Challenge, students may use the Mission Log totals to report physical activity minutes on their own for challenge points. You can learn more about The President's Challenge by visiting their website at www.presidentschallenge.org.