



*Be a Fit Explorer and train like an astronaut on a space exploration mission! Follow your Mission Handouts and track your progress in your Mission Journal. Work with your crew to practice the physical activities, do exciting research, and experience improvements along the way!*

## **Mission Journal Instructions**

Astronauts work to stay healthy and physically fit for space exploration by practicing physical activities before their mission, while in space, and after they return to Earth. By keeping logs and records as they train, astronauts are able to see physical improvements over time and work to achieve their fitness goals.

Just like an astronaut training for a mission, you can record your experiences to see your improvements over time and become a **Fit Explorer**.

Your Mission Journal should contain:

- Mission Journal Instructions
- Mission Handouts
- Mission Logs
- Graph paper
- Mission Journal Reflection

Follow these steps for making your Mission Journal:

1. Read a Mission Handout with your crew.
2. Add the Mission Handout to your Mission Journal.
3. Start a Mission Log to go along with the Mission Handout. Record the following on your Mission Log:
  - *My Goal For This Week*: Set a physical activity or a research goal to accomplish for the week. Be specific!
  - *Date*: Place the dates for the week in the boxes down the side of the Mission Log.
  - *Activity Details*: Record data about the physical activity you practiced that day.
    - Some questions to think about:
      - How much physical activity did you do?
      - How long did you do the physical activity?
      - What in your environment may have affected how well you performed your physical activity?
  - *How I Felt*: Record how you felt *before*, *during*, and *after* each physical activity.
    - Some questions to think about:
      - Did you feel prepared to do the physical activity?
      - Was it easy or hard?
      - What body parts did you feel working?
      - Were you sore afterward?

- How thirsty were you?
    - Were you sweating?
  - *Activity Completed:* Place a “✓” in the box when you complete the physical activity that day.
  - *Research Completed:* Place a “✓” in the box if you researched a related topic that day.
    - *Topics for research are listed on each Mission Log.*
  - *What I Learned:* Record at least one thing you learned about a related research topic or the physical activity you practiced that day.
  - *End of Week:* When your Mission Log is completed for the week, take time to reflect on your physical activity and research. On your Mission Log:
    - Add the activity checkmarks (✓) and put the total in the shaded square labeled “Activity Total”.
    - Add the research checkmarks (✓) and put the total in the shaded circle labeled “Research Total”.
  - *Observations:* When your Mission Log is completed for the week, take time to make observations about your physical activity and research. On your Mission Log:
    - Record observations about your physical activity improvements for the week. Were you able to play longer or go further than before? Did anything affect your progress?
    - Review the goal you set for the week. Did you meet or exceed your goal? Check the appropriate box.
    - List the most important thing you learned from practicing the physical activity or conducting research during the week.
4. Using a piece of graph paper, organize the weekly data you recorded in your Mission Log.
  5. Add the organized graph of your weekly progress to your Mission Journal.
  6. Make sure your Mission Handout, completed Mission Log, and data graph is added to your Mission Journal before beginning the next Mission Handout physical activity.
  7. After you have completed all your Mission Handout physical activities, answer the questions on the Mission Journal Reflection.
  8. Add the Mission Journal Reflection to your Mission Journal.
  9. Look over your entire Mission Journal to see your physical progress and to review all you have learned about being healthy and fit on Earth and in space exploration.

*There are new worlds out there to explore – and they are waiting for you!*

Work with your crew to obtain good health, including a strong mind, and a fit body so you can become...

NASA’s next **Fit Explorer!**