



Mission Journal Reflection

Refer to your Mission Journal to complete the following questions. Answer the following questions on a separate sheet of paper.

1. List all the different ways you trained like an astronaut. Include in your list any extra physical activities you completed from the Mission Explorations on the Mission Handouts.

List two reasons why it might be important for a space explorer to do a variety of physical activities.

2. Look back over your Mission Journal and read your How I Felt entries on the Mission Logs. List one type of physical activity that became easier to do over time.

What body parts or systems did it strengthen?

List some notes you recorded that helped you realize the physical activity was becoming easier.

Why do you think it became easier?

What daily tasks might become easier to do if you continue to do this physical activity?

How might astronauts benefit from this physical activity?

3. Astronauts learn about their bodies and space exploration before training for a mission. In the research you conducted relating to each physical activity, which two topics did you research the most?

List three things you learned while researching these topics.

How did this research help you to better understand the importance of physical fitness and good health in space exploration?

4. Sometimes, your environment can affect how well you perform physical activity. List an environmental challenge you faced during a physical activity and how it affected your performance.

What are some similar environmental challenges astronauts may face in space?

5. Just as astronauts must make time in their busy schedule to be physically active, so should you! List three ways you could add more physical activity throughout your day.

6. List some questions about space exploration and fitness that you would like to learn more about. Share your questions with others. Do they have the same questions? If you would like to learn more, use these questions as additional research topics.

7. Now that you are one of NASA's Fit Explorers, what ideas do you have for NASA that might help their astronauts stay healthy and fit on the Moon and Mars?