



## What is a Mission Journal?

The Mission X Journal is a “mission notebook” for students to organize their physical activity practice time, document research and reflections, and collect data on their progress.

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.
- track the frequency of their physical activity and research for points for the challenge.

## Do I have to use a Mission Journal?

No, Mission Journals are not required to complete the activity or acquire points for the challenge. They are suggested as tools for teachers to track student progress and for students to record their learning and improvement.

## How do I make a Mission Journal?

- Mission journals could be space set aside in a student’s science notebook or other existing class notebook.
- It is very easy for students to make homemade journals by stapling blank paper, decorating the cover, and adding notes for each activity completed.

## What else could my students include in their Mission Journals?

Here are some possible suggested questions for students as they complete the challenge.

1. List all the different ways you trained like an astronaut. Include in your list any extra physical activities you completed from the Mission Accelerations 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 about how you felt as you completed the activities. 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 a Fit Explorer, what ideas do you have for space agencies that might help astronauts and cosmonauts stay healthy and fit on the Moon and Mars?