



# MISSION X

TRAIN LIKE AN ASTRONAUT

MISSION JOURNAL

Student Logbook

# → Training log 1

	MISSION ACTIVITY	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
PHYSICAL ACTIVITIES	AGILITY ASTRO COURSE						
	BASE STATION WALKBACK						
	BUILD AN ASTRONAUT CORE						
	CLIMB A MARTIAN MOUNTAIN						
	CREW ASSEMBLY						
	CREW STRENGTH TRAINING						
	EXPLORE AND DISCOVER						
	PLANET YOU GO, GRAVITY YOU FIND						
	JUMP FOR THE MOON						
	MISSION CONTROL						
	PEAKE LIFT OFF						
	GET ON YOUR SPACE CYCLE						
	SPACE ROLL 'N' ROLL						
	SPEED OF LIGHT						
DO A SPACEWALK							
SCIENTIFIC ACTIVITIES	TASTE IN SPACE						
	LIVING BONES, STRONG BONES						
	ENERGY OF AN ASTRONAUT						
	HYDRATION STATION						
	A MICROBIAL BOX						
	BUGS IN SPACE						
	REDUCED GRAVITY, LOW FAT						
	ROBOTIC ARM						
	BIONIC HAND						
	ASTRO FOOD						
	ASTRO FARMER						
	ASTRO CROPS						



# → About me

My mission patch:

Name: .....

Age: .....

Team name: .....

**Mission starts**

I do \_\_\_\_ hr(s) of physical activity per week

My favourite activities are: .....

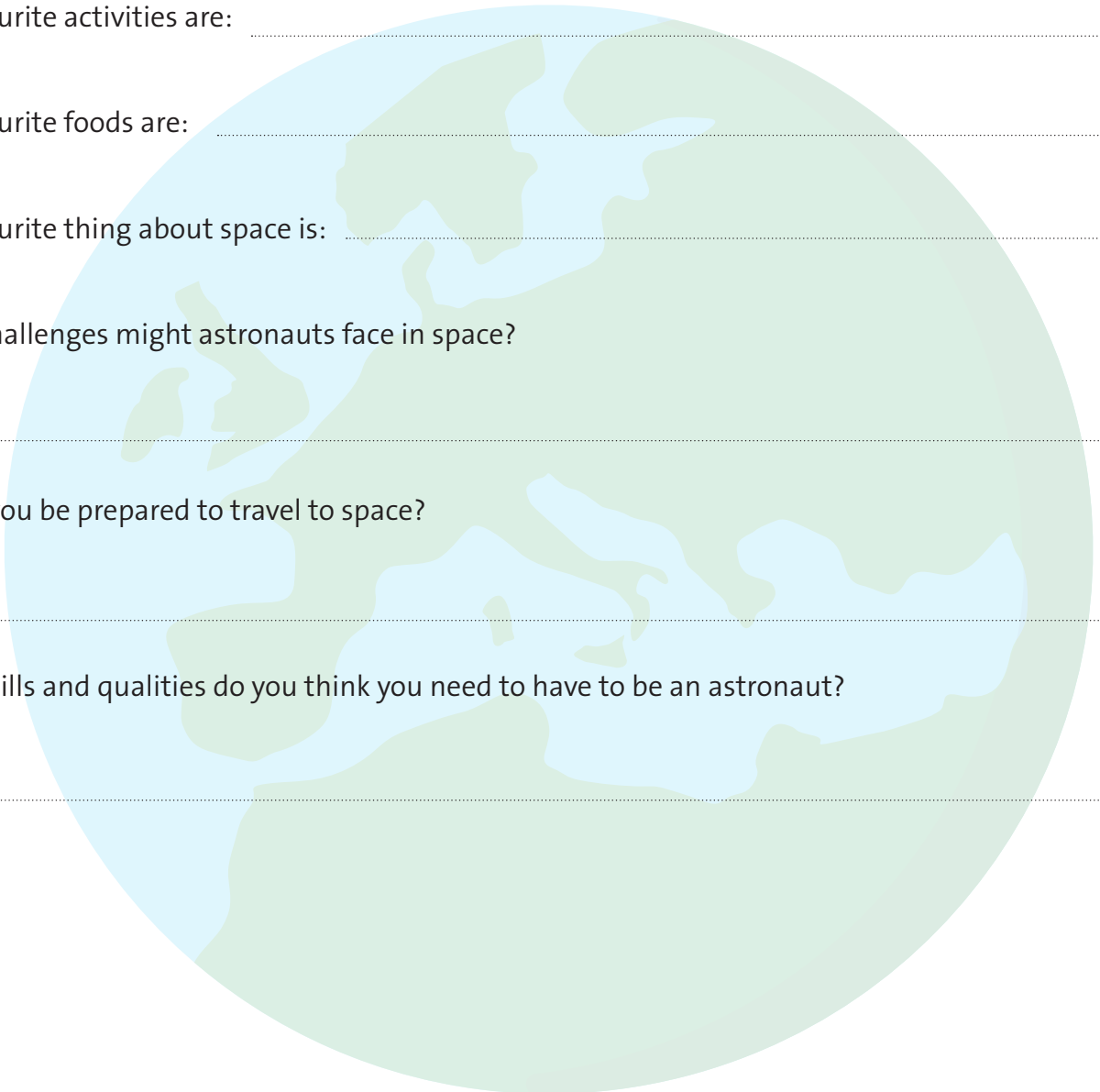
My favourite foods are: .....

My favourite thing about space is: .....

What challenges might astronauts face in space?  
.....

Would you be prepared to travel to space?  
.....

What skills and qualities do you think you need to have to be an astronaut?  
.....



## → Space facts

1. The average distance from Earth to the International Space Station is 400km.
2. It takes about 90 minutes for the International Space Station to orbit the Earth so astronauts can see 16 sunrises and 16 sunsets each day.
3. Outside of the International Space Station the day temperatures can reach 200°C – that's as hot as an oven! But at night the temperature drops to -200°C – that's colder than Antarctica!
4. The average distance from the Earth to the Moon is 384 400 km. If you walked by yourself, and did not stop, it would take you about 9 years to get to the Moon!
5. Astronauts spend an average of 2 hours per day exercising during their stay on the International Space Station.



# → My Mission X

A bit about my week:

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Week #:

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Rate:



Activities I took part in  
were...

.....

I improved  
...

.....

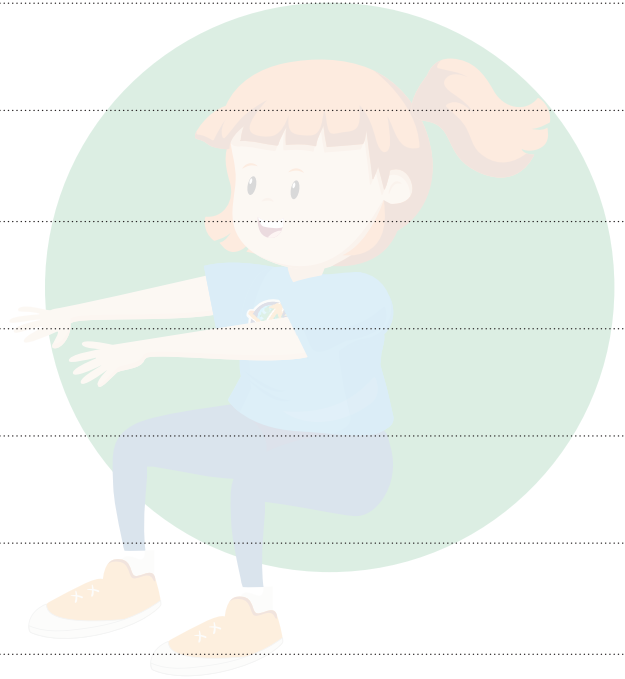
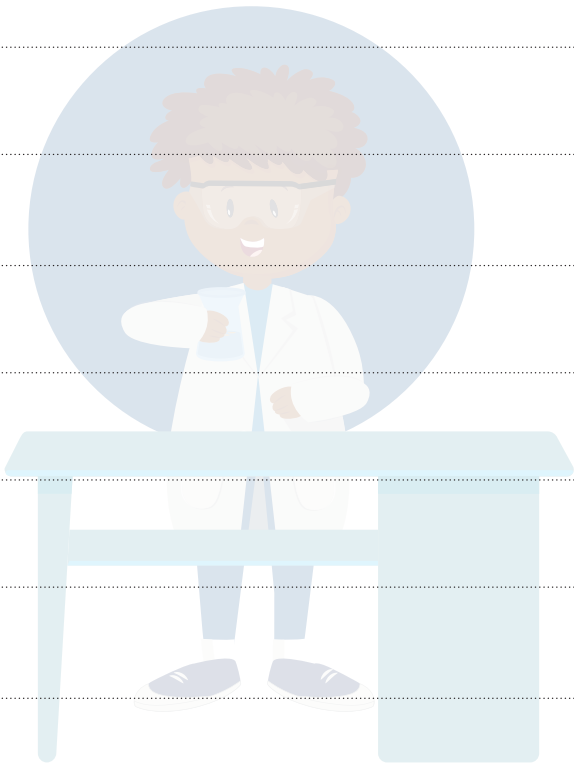
My favourite activity  
was...

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I learned  
...

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## → Activity notes



# → My Mission X

A bit about my week:

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Week #:

Rate:



Activities I took part in  
were...

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I improved  
...

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My favourite activity  
was...

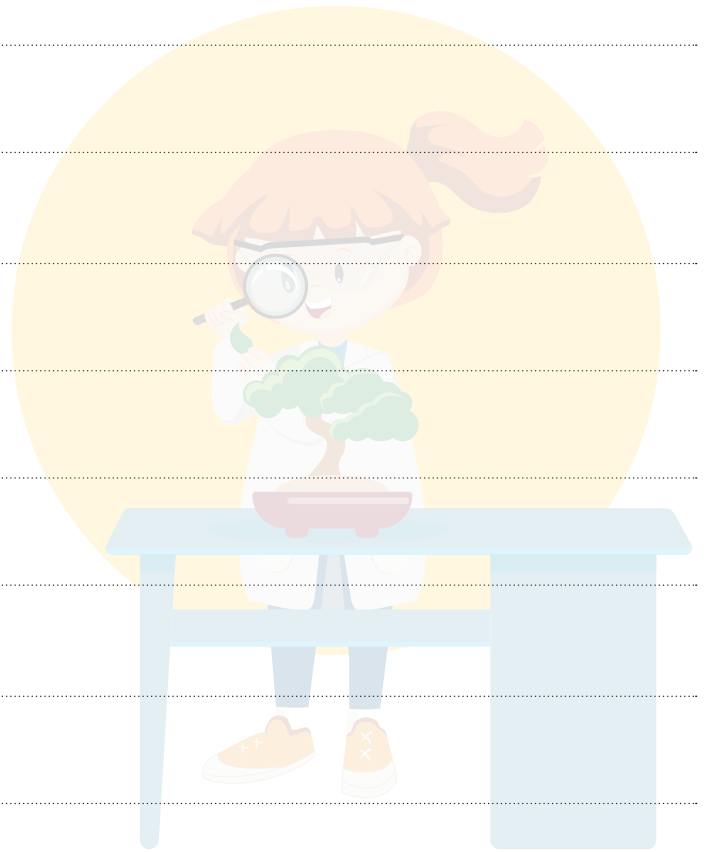
.....

I learned  
...

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## → Activity notes



# → My Mission X

A bit about my week:

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Week #:

Rate:



Activities I took part in  
were...

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I improved  
...

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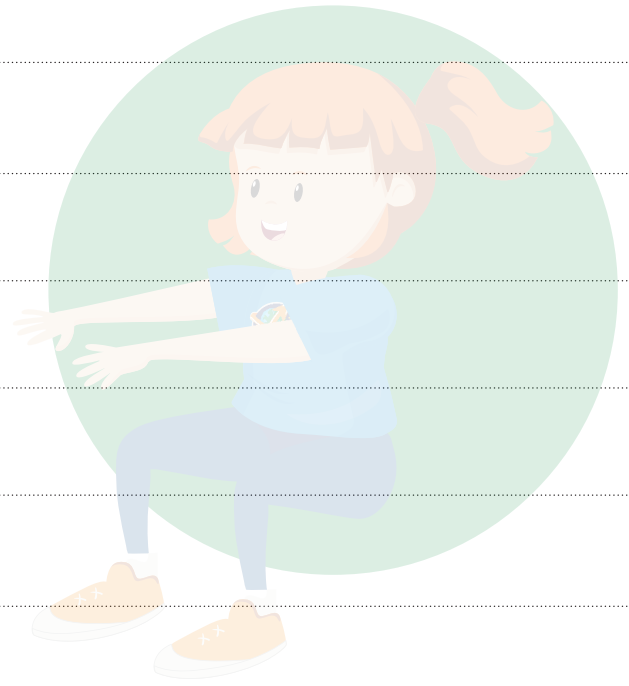
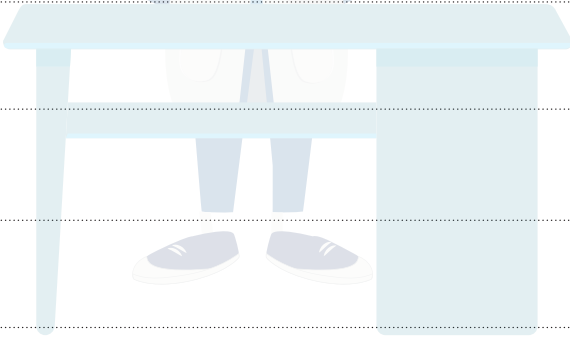
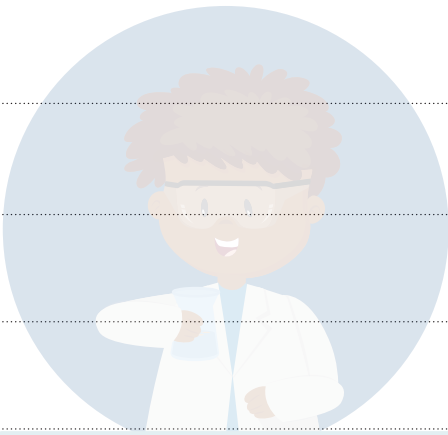
My favourite activity  
was...

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I learned  
...

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## → Activity notes



# → My Mission X

A bit about my week:

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Week #:

Rate:



Activities I took part in  
were...

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I improved  
...

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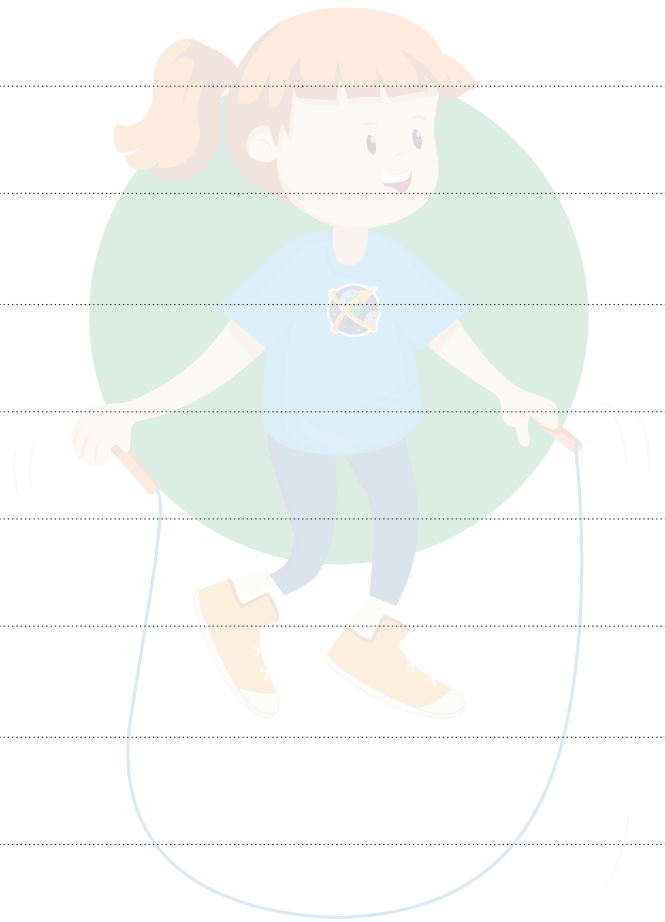
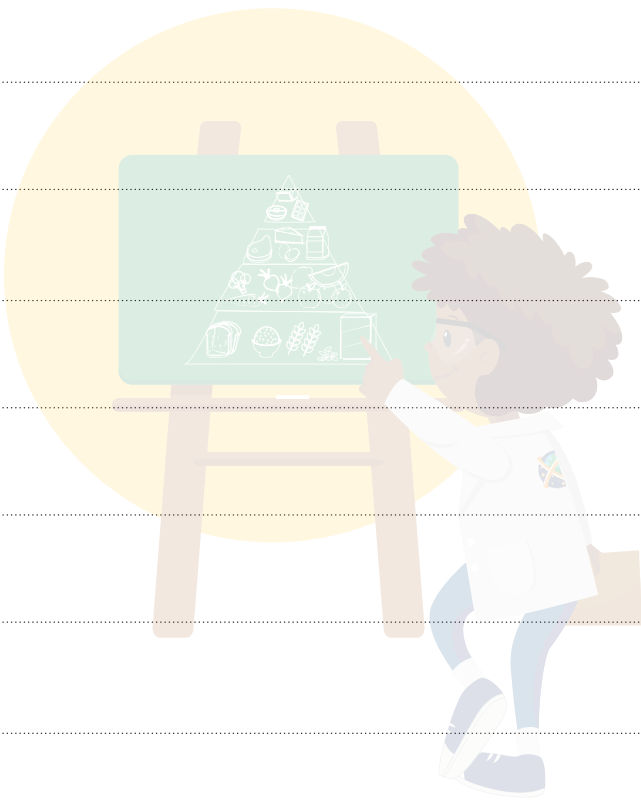
My favourite activity  
was...

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I learned  
...

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## → Activity notes



# → My Mission X

A bit about my week:

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Week #:

Rate:



Activities I took part in were...

.....

I improved ...

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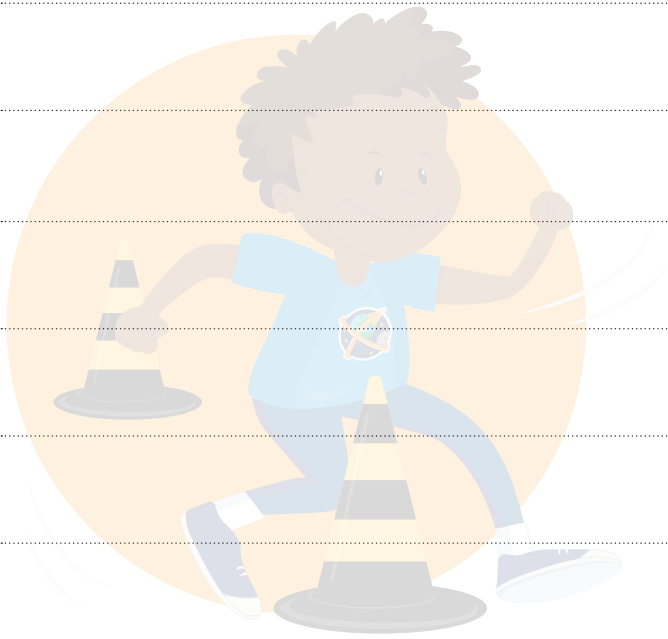
My favourite activity was...

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I learned ...

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## → Activity notes



# → My Mission X

A bit about my week:

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Week #:

Rate:



Activities I took part in were...

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I improved ...

.....

My favourite activity was...

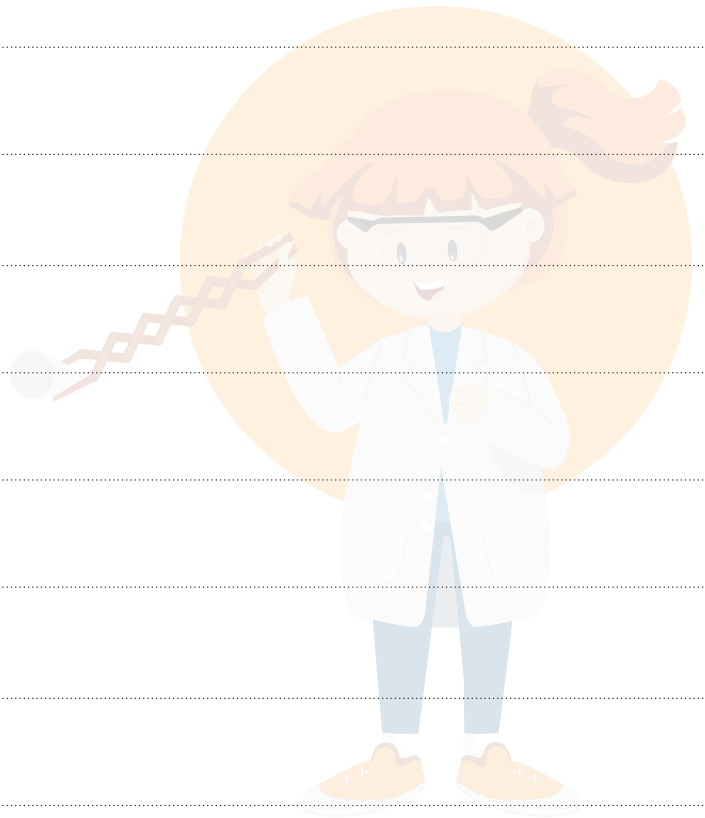
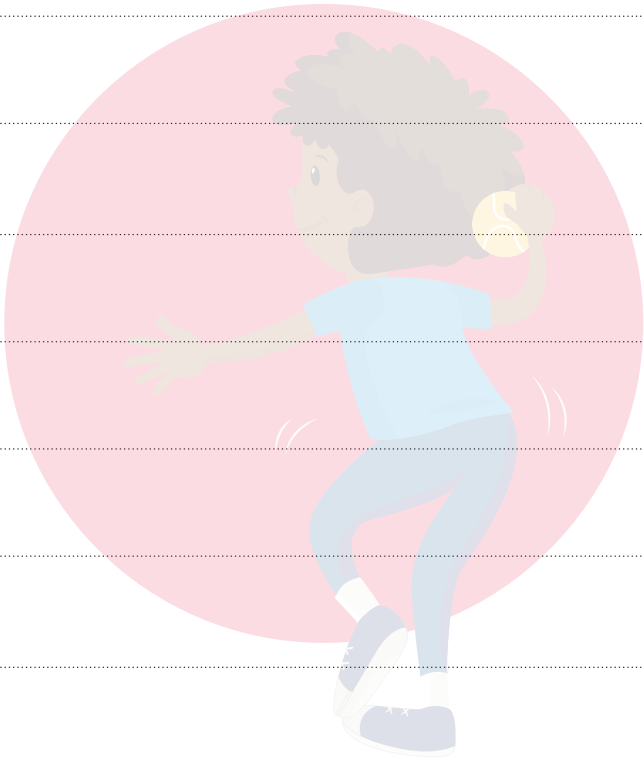
.....

I learned ...

.....



## → Activity notes



# → Summary

Mission  
complete

I did \_\_\_\_ hr(s) of physical activity per week

I feel...

I improved...

What did you learn about health  
and fitness?

What did you learn about space?

What challenges might astronauts face in space?

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Would you be prepared to travel to space?

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What skills and qualities do you think you need to have to be an astronaut?

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# Congratulations!

You have completed

## MISSION X

TRAIN LIKE AN ASTRONAUT

