



# MISSION X

TRAIN LIKE AN ASTRONAUT

## MISSION JOURNAL

Student Logbook



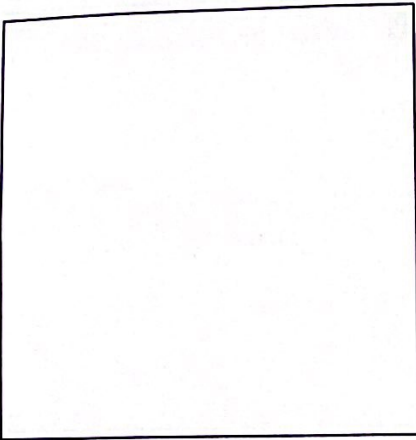
# → Training log 1

MISSION ACTIVITY		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
PHYSICAL ACTIVITIES	AGILITY ASTRO COURSE	X					
	BASE STATION WALKBACK						
	BUILD AN ASTRONAUT CORE						
	CLIMB A MARTIAN MOUNTAIN	X					
	CREW ASSEMBLY						
	CREW STRENGTH TRAINING	X					
	EXPLORE AND DISCOVER						
	PLANET YOU GO, GRAVITY YOU FIND						
	JUMP FOR THE MOON	X					
	MISSION CONTROL	X					
	PEAKE LIFTOFF	X					
	GET ON YOUR SPACE CYCLE						
	SPACE ROCK '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						
	WHAT'S IN YOUR PETRI						
	REDUCED GRAVITY, LOW FAT						
	ROBOTIC ARM						
	BIONIC HAND						
	ASTRO FOOD						
	ASTRO FARMER						
	ASTRO CROPS						



## → About me

My mission patch:



Name: Pedro Fuentes Tapia

Age: 12 years old

Team name: 1<sup>o</sup>C

Mission starts

I do 8 hr(s) of physical activity per week

My favourite activities are: My favourite activities are playing video games and playing padel.

My favourite foods are: My favourite foods are pasta and rice.

My favourite thing about space is: My favourite things about space are shooting stars.

What challenges might astronauts face in space?

Some of the challenges that astronauts might face are doing a lot of exercise every day and don't eat anything they want.

Would you be prepared to travel to space?

I think I wouldn't be prepared to travel to space because I'm not fit.

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

To be an astronaut you need to be fit, don't be scared, have good knowledge and being used to living in a spaceship.



## → My Mission X

A bit about my week:

Week #: 1

This week I climbed a martian mountain  
and I crew strength training. I also  
jumped for the moon.

Rate:

Activities I took part in  
were...

Climb a martian mountain.  
Crew strength training.  
Jump for the moon.

I improved  
...

my climbing ability.  
my strength.  
my jumping ability

My favourite activity  
was...

Climb a martian mountain

I learned  
...

How to climb well



## → Activity notes

¿Qué tipo de actividad física mejorará la fuerza de tus huesos, la resistencia de tu corazón y la resistencia de otros músculos?

la carrera

¿Cómo podemos realizar una actividad física que mejore nuestra coordinación, velocidad y agilidad?

Con tablas de ejercicios de coordinación



# → My Mission X

A bit about my week:

Week #: 2

Mission control, peaky liftoff.

Rate:

Activities I took part in were...

Mission control and peaky liftoff

I improved ...

my control and coordination

My favourite activity was...

Mission control.

I learned ...

how to use my body well.

## → Activity notes

¿Qué tipo de actividad física podría mejorar el equilibrio?  
Cosas encima de una barra.

How could you perform a series of physical activities that would improve your lungs and heart?

Maybe, running slowly but a lot of time.

