MUSCLE UP.
BUTTERCUP

Observation Journal
Inside the Human Body

How does the human body:

Survive?

Digest food?

Move?

Let’s find out!
Major organs are required for survival!

Can you identify the 5 major organs of the human body and list ONE function of each?

1. 
2. 
3. 
4. 
5.
Cardiac Muscle

Observations about cardiac muscle:
Anatomy of a human heart

Exterior (Outside):

Interior (Inside):

Observations about human hearts:
Smooth Muscle

Observations about smooth muscle:
Skeletal Muscle

Observations about smooth muscle:
**My Body Activity Log** Use the log below to chart your body activity! For example- If you went swimming on Wednesday, you might put a checkmark under FULL BODY. Running might be a check mark under LOWER BODY. Put descriptions of your body activity and the duration (how long you were active) under the day the activity occurred.

<table>
<thead>
<tr>
<th>Name:</th>
<th>ARMS</th>
<th>LOWER BODY</th>
<th>TORSO</th>
<th>HEAD</th>
<th>FULL BODY</th>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>Activity-</td>
<td>Duration-</td>
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