

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Period: \_\_\_\_\_

**#1 If you were present in PE class complete the following to obtain the 60 minutes of physical activity.**

- Any physical activity for 30 minutes. This could include: Doing chores around the house, walking, jogging, bicycling, swimming, jump rope, lifting, participating in after school sports, etc. **Please note that this is to be done on a daily basis. 90 minutes of an activity on one day is great but will not count for 3 days' worth of activities.**

**#2 If you were absent from class or could not participate complete the following for making up for each day's inactivity.**

- 60 minutes of any activity listed in #1 above. This can take place on a date that you are able to participate.

**Include the Activity whether you were present or absent. Be sure to include your initials in the proper blanks when completed. If you are not able to complete the activity because you were too sick do not leave the space blank. Write down the activity that you are going to do to make up for that missed activity.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity: _____  <b>I was present</b> and completed #1 above: _____ (initial here) <b>I was absent</b> or couldn't participate and completed #2 above: _____ (initial here)	Activity: _____  <b>I was present</b> and completed #1 above: _____ (initial here) <b>I was absent</b> or couldn't participate and completed #2 above: _____ (initial here)	Activity: _____  <b>I was present</b> and completed #1 above: _____ (initial here) <b>I was absent</b> or couldn't participate and completed #2 above: _____ (initial here)	Activity: _____  <b>I was present</b> and completed #1 above: _____ (initial here) <b>I was absent</b> or couldn't participate and completed #2 above: _____ (initial here)	Activity: _____  <b>I was present</b> and completed #1 above: _____ (initial here) <b>I was absent</b> or couldn't participate and completed #2 above: _____ (initial here)	Activity: _____  I completed #1 above: _____ (initial here)	Activity: _____  I completed #1 above: _____ (initial here)
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity: _____  <b>I was present</b> and completed #1 above: _____ (initial here) <b>I was absent</b> or couldn't participate and completed #2 above: _____ (initial here)	Activity: _____  <b>I was present</b> and completed #1 above: _____ (initial here) <b>I was absent</b> or couldn't participate and completed #2 above: _____ (initial here)	Activity: _____  <b>I was present</b> and completed #1 above: _____ (initial here) <b>I was absent</b> or couldn't participate and completed #2 above: _____ (initial here)	Activity: _____  <b>I was present</b> and completed #1 above: _____ (initial here) <b>I was absent</b> or couldn't participate and completed #2 above: _____ (initial here)	Activity: _____  <b>I was present</b> and completed #1 above: _____ (initial here) <b>I was absent</b> or couldn't participate and completed #2 above: _____ (initial here)	Activity: _____  I completed #1 above: _____ (initial here)	Activity: _____  I completed #1 above: _____ (initial here)  <b>Turn in this activity log after completing two weeks of activity.</b>

Parent/Guardian sign your name here for verification: \_\_\_\_\_