

**WEEK# \_\_\_\_\_**

Student's Name: \_\_\_\_\_

**Physical Education Activity Log**

Week of:	Cardi ovascular Minim um 90 min. Required	Stren gth Minim um Required 60 min.	Flexibility Minimum 50 min. Required	Sport or other Physical Activity	
<b>Monday</b>	Whnt you did:  Time:	Whnt you did:  Time:	Whnt you did:  Time:	What you did:  Time:	
<b>Tuesday</b>	What you did:  Time:	What you did:  Time:	What you did:  Time:	What you did:  Time:	
<b>Wednesday</b>	What you did:  Time:	What you did:  Time:	What you did:  Time:	What you did:  Time:	
<b>Thursday</b>	What you did:  Time:	What you did:  Time:	What you did:  Time:	What you did:  Time:	
<b>Friday</b>	What you did:  Time:	What you did:  Time:	What you did:  Time:	What you did:  Time:	
<b>Total min. &gt; 260</b>	<b>/90 min.</b>	<b>/60 min.</b>	<b>/50 min.</b>		<b>Total _____ /260 min.  </b>

**Personal Fitness Inventory**

Weight (not mandatory)	Cardiovascular Health	Strength(# of Push-ups in 1 minute)
<b>lbs</b>	<b>BPM:</b>	

Total minutes should be no less than 260. Logs will be submitted by 3:00 pm on due date or it will be considered late. Late logs will be accepted up to one week late with a penalty of half credit. Parents may include a note of *explanation* to waive the penalty, but it must be attached to the late log.

*Logs without parent signatures will not be accepted.*

I have reviewed my student's Physical Education Log and verify that this work has been completed. \_\_\_\_\_ Date

**P.E. Log Checklist. Did you: \_\_ Include your name? \_\_ Specify your activity in each box? \_\_ Meet the total time minimums in each column? \_\_ Record your resting heart rate? \_\_ Record your push-ups per minute? \_\_ Parent signature?'**