

Exercise Log

Name: _____

Teacher: _____

Due Date: **December 4, 2014**

Please complete this extra credit Exercise Log assignment for physical education and turn it in on or before the due date. You will have the opportunity to record your exercises on your log at the end of each p.e. class period. You can bring your exercise log with you to p.e. in a folder to keep it safe. You may also record your exercises when you get back to class or when you get home if you prefer. You can also record exercises you perform with your family as well. Parents/guardians of kindergarten through 2nd graders may write the activities on this form. Please complete at least 15 lines below listing the physical activity you performed at home or the p.e. activities you performed in class. Remember to list the date, the name of the physical activity performed, and how long it lasted (example: 30 minutes). The physical activities should last at least 30 minutes or longer. Please turn your extra credit Exercise Log in to your p.e. teacher on or before the due date. You may use the back of this sheet if you need additional space. Any exercise logs turned in past the due date will not be credited. Have fun!

Date	Physical Activity	Time

Coach _____

Parent/Guardian Name: _____