

Exercise Log **Name:** _____ **Gr.** _____

Teacher: _____ **Due Date: October 6, 2016**

One of the requirements in order to earn an "E" for physical education is to complete this Exercise Log and turn it in on or before the due date. Focus on locomotor skills and fitness games.

1. Goal - My goal for this exercise log is to complete at least _____ hours of physical activity for the quarter.
2. In order to reach my goal, I plan to do the following: _____

Record your progress in the chart below. You may use the back of this form to add additional activities. Any exercise logs turned in past the due date will not be credited. Have fun!

Date	Physical Activity	Time

3. How many hours did you exercise this quarter? _____
4. Did you reach your goal? _____ Why or why not did your reach your goal? _____

4. What was your favorite physical activity that you participated in?

* If you would like to attach a photo performing any of the above activities, we will post them on our p.e. wall.

Parent Signature _____ Coach _____