Exercise Log Name: _____

Teacher:_____ Due Date: December 10, 2015

Please complete this extra credit Exercise Log assignment for physical education and turn it in on or before the due date.

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?
   _____

Coach _____