

PHYSICAL EDUCATION EXERCISE LOG



Name _____ Teacher _____

Parent Signature _____ Due Date: _____

Week 1	Activities	# Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Participant Signature		

Week 1	Activities	# Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Participant Signature		

Week 1	Activities	# Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Participant Signature		

Week 1	Activities	# Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Participant Signature		

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Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Participant Signature		

Week 1	Activities	# Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Participant Signature		

****All Exercise Logs must have a Parent Signature, show at least 3 activities per week of 30 minutes, be written by student and turned in by due date.**