

PHYSICAL ACTIVITY LOG

.....



Name: _____

Student Number: _____

Grade: _____ **School Year:** _____

Goal: In order to maintain a **minimum standard** of fitness, you should be involved in 150 minutes of activity each week..

<u>Month</u>	<u>ACTIVITY</u>	<u>Verification</u> teacher / coach / other
SEPT		
OCT		
NOV		
DEC		
JAN		
FEB		
MAR		
APR		
MAY		

STUDENTS IN PE OR SHOW CHOIR, Please have your teacher sign this.

