

# Physical Activity Log for Absences

Name: \_\_\_\_\_ Grade: \_\_\_\_ PE Teacher: \_\_\_\_\_

Date of Absence(s): \_\_\_\_\_

Reason for Absence: \_\_\_\_\_

If you miss PE, use this workout log to keep track of the physical activity you did while you were away!

**One 30 minute workout is required for each class of PE that you missed.**

You can run, bike, play tennis, go to yoga class, run on the beach, play soccer, etc. Be creative with how you can be physically active while you are away from school. Record activities in the chart below.

**\*Due within 1 week of returning, with a parent signature.**

<u><i>Date</i></u>	<u><i>Time</i></u> (Length of Activity)	<u><i>Type</i></u> (What activity did you do?)	<u><i>Physical Benefits</i></u> (How does this help your body?)
(Example) 9/1/11	45 minutes	Running on the Beach	Increases heart rate, improves cardiovascular endurance, boosts immune system, improves bone health, & burns calories.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_