Name _____ Due Date **Last Friday of the Month**

Period _____Teacher _____Month_____

# M.V.M.S. Physical Education Department
# Monthly Exercise Log

It is recommended for students to be actively engaged in **moderate to vigorous physical activity** (MVPA) for at least ***30 minutes*** a minimum of ***4 days each week***. A proper warm-up and cool-down is advisable. To ensure that students are getting enough exercise we are requiring a minimum of **9 hours of MVPA each month** (average of 2½ each week) to be completed, logged, signed and turned in to your PE teacher. Your log should include all MVPA activity for that month. Our **two fitness days** at school are excellent examples of appropriate activities and ***may be included in your monthly log (up to 4 hrs)***. Other activities include: jogging, swimming, rollerblading, dance, sport practice of choice (the cardio. part), skateboarding, bike riding, etc… Please sign your child's log sheet when their activity is completed. Remember you must do extra time in order to make up a missed fitness day and mark the first column.

| * IF USED FOR FITNESS DAY MAKE UP | DATE | ACTIVITY | AMOUNT OF TIME | PARENT SIGNATURE |
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**Total Hours** _____

**Nombre** _____**Fecha de vencimiento es el ultimo viernes del mes**

**Período** _____ **Profesor** _____Mes_____

# M.V.M.S. Departamento de Educación Físico
# Diario de Ejercicio Mensual

Es recomendado para estudiantes ser activamente contratado en el moderado a la actividad física vigorosa (MVPA) durante al menos 30 minutos mínimo de 4 días cada semana. Es recomendando de calentar los musculos antes del ejercicioy tambien tranquilizarse después. Asegurar que los estudiantes consiguen bastante ejercicio al que requerimos 9 horas de MVPA cada mes ser completado, registrado, firmado y entregado a su maestro. Nuestros dos días de buena forma física en la escuela son ejemplos excelentes de actividades apropiadas y pueden ser incluidos en su diario mensual. Otras actividades incluyen: corriendo, la natación, rollerblading, el baile, la práctica de deporte de opción, patinar, o uso de bicicleta. Por favor firme la hoja de tarea de su niño cuando su actividad es completada.

| ***Si se usa para recompesar un dia de educación fisica** | Fecha | Actividad | Cantidad de tiempo | Firma de padre |
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