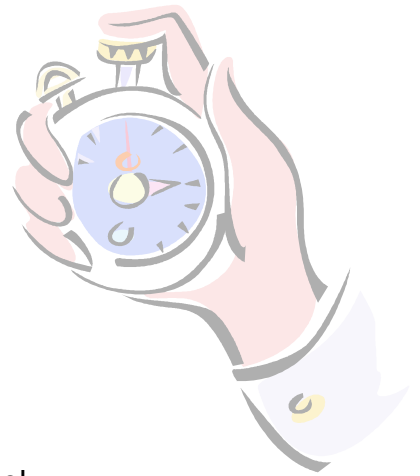


# PHYSICAL ACTIVITY LOG

.....



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.

