

PE Log

Student Name: _____ Parent Signature: _____

Date: _____ Week#: _____

The student is required to do activity for at least 20 minutes per day. The student is to keep a log that includes: 1) Activity; 2) Time Spent at Activity; 3) Possible benefits of the activity (i.e. cardio health, strength or muscle growth, and flexibility.)

Monday

Activity: _____

Time: _____ to _____ = _____ total time

Possible Benefit: _____

Wednesday

Activity: _____

Time: _____ to _____ = _____ total time

Possible Benefit: _____

Friday

Activity: _____

Time: _____ to _____ = _____ total time

Possible Benefit: _____

