

PHYSICAL EDUCATION- FITNESS LOG

- You will need to log your daily, sustained (30 minutes or longer), physical activity. Activities such as bicycle riding, running, swimming, prolonged walking, practicing or playing on a sports team, etc...
- The paper should be labeled with the following: date, day of week, the length and activity that you performed each day, and your parent or legal guardian’s signature confirming the logged activity.
- Let’s see who is able to get more days logged! Use this time to stay fit and come up with your own workouts!
- Continue working on your fitness log challenge until the end of the school year. If you need another one, you can call the school office to pick one up. If you have access to internet, log into our DMS PE google classroom, and you will find the document link there to print one at home. This code will give you access to our google classroom: 4jmkhg5

Student Example:

Day of the week	Date	Physical Activity	Parent Signature



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