

PHYSICAL ACTIVITY LOG

Directions: 5 points x 90 days = 450 pts total. Each student must keep a Physical Activity Record. The California Department of Education mandates a minimum of 400 minutes of physical activity for every 10 learning days, which averages out to be 40 minutes daily. As a class we will work out together 3 times a week which means you are responsible for the 2 additional workouts. Workouts include but are not limited to: club team practices, walking your dogs, working out at the gym, swimming, at home core workouts, etc... As always, remember to Be Safe and have parent guardian approval before engaging in off campus activities. Activity Logs are due every Monday on Google Classroom by 7am.

Name: _____

Date Range: _____

| DATE | ACTIVITY | DURATION | NOTES |
|-------------|-----------------|-----------------|--------------|
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| | | | |
| | | | |

Parent Signature: _____

Total Duration: _____

Score: _____