

# Physical Education Log

Student Name : \_\_\_\_\_

Grades K-8 should spend 30 min., three times per week (at minimum), in sustained physical activity. Grades 9 - 12 should spend 45 minutes in Physical Education classes. A parent signature after each week will determine that activities were assigned and completed.

Week 1

Date	Physical Activity	Time spent

Parent Signature \_\_\_\_\_

Week 2

Date	Physical Activity	Time spent

Parent Signature \_\_\_\_\_

Week 3

Date	Physical Activity	Time spent

Parent Signature \_\_\_\_\_

Week 4

Date	Physical Activity	Time spent

Parent Signature \_\_\_\_\_