

BCA - HIGH SCHOOL - PHYSICAL ACTIVITY CARD

Name _____

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HIGH SCHOOL -PHYSICAL ACTIVITY CARD

1st week			
Date	Exercise	Distance	Time (min)
Parent/Guardian Initials		Total Min	
2nd week			
Date	Exercise	Distance	Time (min)
Parent/Guardian Initials		Total Min	
3rd week			
Date	Exercise	Distance	Time (min)
Parent/Guardian Initials		Total Min	
4th week			
Date	Exercise	Distance	Time (min)
Parent/Guardian Initials		Total Min	
5th week			
Date	Exercise	Distance	Time (min)
Parent/Guardian Initials		Total Min	

6th week			
Date	Exercise	Distance	Time (min)
Parent/Guardian Initials		Total Min	
7th week			
Date	Exercise	Distance	Time (min)
Parent/Guardian Initials		Total Min	
8th week			
Date	Exercise	Distance	Time (min)
Parent/Guardian Initials		Total Min	
9th week			
Date	Exercise	Distance	Time (min)
Parent/Guardian Initials		Total Min	

Exercise Requirements:

- A. Complete nine weeks of exercise per season.
- B. A week must include at least 3 days of exercise.
- C. Must complete a minimum of 200 min per week
- D. Each week must include a 2 mile walk or run
- E. PARENT/GUARDIAN MUST SIGN CHART!
- F. Student must complete at least 30 hours to pass