

## Physical Education - MS Weekly Fitness Log

Name:		Grade
<b>Week 1</b>	<b>Date</b>	<b>Total. Minutes</b>
<b>Activity/Exercise</b>		
Total minutes for the week		
Parent/Guardian Initials		

<b>Week 5</b>	<b>Date</b>	<b>Total. Minutes</b>
<b>Activity/Exercise</b>		
Total minutes for the week		
Parent/Guardian Initials		

<b>Week 2</b>	<b>Date</b>	<b>Total. Minutes</b>
<b>Activity/Exercise</b>		
Total minutes for the week		
Parent/Guardian Initials		

<b>Week 6</b>	<b>Date</b>	<b>Total. Minutes</b>
<b>Activity/Exercise</b>		
Total minutes for the week		
Parent/Guardian Initials		

<b>Week 3</b>	<b>Date</b>	<b>Total. Minutes</b>
<b>Activity/Exercise</b>		
Total minutes for the week		
Parent/Guardian Initials		

<b>Week 7</b>	<b>Date</b>	<b>Total. Minutes</b>
<b>Activity/Exercise</b>		
Total minutes for the week		
Parent/Guardian Initials		

<b>Week 4</b>	<b>Date</b>	<b>Total. Minutes</b>
<b>Activity/Exercise</b>		
Total minutes for the week		
Parent/Guardian Initials		

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**Parent/Guardian Signature**

**The above signature verifies that the student has completed 7 weeks of physical activity**

Requirements for Weekly Fitness Log  
 Record 7 weeks of activity  
 Each week must have at least three days of activity  
 Fitness log must be initialed each week by a parent/guardian  
 Complete at least 135 minutes per week (NOT including PE classes or Recess)

Students must have a doctors note if they are not able to complete 7 weeks because of illness.

**Fitness Logs comprise 20% of the total PE grade**