**EXTRACURRICULAR**

**FITNESS LOG**

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

Class: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Term: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Due Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Date**  **(three different days)** | **Activity** | **Time**  **(>15min)** |
| **Week 1** |  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| **Week 2** |  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| **Week 3** |  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| **Week 4** |  |  |  |
|  |  |  |
|  |  |  |
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|  |  |
| --- | --- |
| /12 | Activity 3x per week |
| /4 | Minimum 15min per activity |
| /4 | Parent/Guardian Signature |
| **/20** | Comments |

Parent/Guardian Signature