

Activity Log

This log is for students who do not have access to the apps needed to track their exercises.

Assignment: students will exercise for 45-60 minutes for a minimum of three days per week. Recommended exercises include cardio training (example: running/walking), strength training (example: pushups/sit ups) and stretching (example: yoga).

Please have a parent signature at the bottom to verify the completion of all work.

Student Name: _____

Dates: _____

	Date	Type of Physical Activity	Time
Day One			
Day Two			
Day Three			

Parent Signature: _____