

# EXTRACURRICULAR FITNESS LOG

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

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

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

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

	Date (three different days)	Activity	Time (>15min)
<b>Week 1</b>			
<b>Week 2</b>			
<b>Week 3</b>			
<b>Week 4</b>			

\_\_\_\_\_

Parent/Guardian Signature

- /12 Activity 3x per week
- /4 Minimum 15min per activity
- /4 Parent/Guardian Signature

**/20** Comments