

**Physical Education
Fitness Log**

Name _____
 Period _____ Roll Call # _____
 Teacher _____

Aerobic Requirement: An aerobic requirement can include a 20 minute continuous aerobic activity or an organized sports practice of an hour or more.

Strength Requirement: You are required to do a full body strength workout 2 days a week. Occasionally one of your strength workouts will be done in class, which would be written as **Strength Day**. The other days would be written as **Strength #1** or **Strength #2** as listed on this log.

Week of _____

Aerobic Activity	Team/Organization (if applicable)	Time/Duration	Parent Signature
Strength Workout #1 or #2	Team/Organization (if applicable)		Parent Signature

Week of _____

Aerobic Activity	Team/Organization (if applicable)	Time/Duration	Parent Signature
Strength Workout #1 or #2	Team/Organization (if applicable)		Parent Signature

Due Date: _____