ACTIVITY LOG

Note: Please fill out one activity log sheet for each day absent from PE class.
For full credit, return completed within one school week of your absence.

Name: _____ PE Period:_____ **Date of Absence:_____**

DESCRIPTION OF THE ACTIVITY (What acitivity did you do? Rake leaves, play a game, hike, etc?)	**TIME SPENT** (How many minutes?)	**INTENSITY LEVEL** (Heart rate: Easy, Moderate, Hard?)	**WARM UP** (Y/N?)	**COOL DOWN** (Y/N?)	**PARENT/COACH SIGNATURE**
1					

IN THE AREA BELOW, WRITE A PARAGRAPH ABOUT THE VALUE/BENEFIT OF YOUR FITNESS ACTIVITY (minimally, 5 complete sentences)