

# Monthly P.E. Log

Name \_\_\_\_\_

Dates LP2 9/26 - 10/21

<p>Date <u>9/26</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jog/Run</li> <li><input type="checkbox"/> Walk</li> <li><input type="checkbox"/> Weightlifting</li> <li><input type="checkbox"/> Team Sports</li> <li><input type="checkbox"/> Aerobics</li> <li><input type="checkbox"/> Bicycling</li> <li><input type="checkbox"/> Other</li> </ul> <p>Total Time _____</p>	<p>Date <u>9/27</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jog/Run</li> <li><input type="checkbox"/> Walk</li> <li><input type="checkbox"/> Weightlifting</li> <li><input type="checkbox"/> Team Sports</li> <li><input type="checkbox"/> Aerobics</li> <li><input type="checkbox"/> Bicycling</li> <li><input type="checkbox"/> Other</li> </ul> <p>Total Time _____</p>	<p>Date <u>9/28</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jog/Run</li> <li><input type="checkbox"/> Walk</li> <li><input type="checkbox"/> Weightlifting</li> <li><input type="checkbox"/> Team Sports</li> <li><input type="checkbox"/> Aerobics</li> <li><input type="checkbox"/> Bicycling</li> <li><input type="checkbox"/> Other</li> </ul> <p>Total Time _____</p>	<p>Date <u>9/29</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jog/Run</li> <li><input type="checkbox"/> Walk</li> <li><input type="checkbox"/> Weightlifting</li> <li><input type="checkbox"/> Team Sports</li> <li><input type="checkbox"/> Aerobics</li> <li><input type="checkbox"/> Bicycling</li> <li><input type="checkbox"/> Other</li> </ul> <p>Total Time _____</p>	<p>Date <u>9/30</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jog/Run</li> <li><input type="checkbox"/> Walk</li> <li><input type="checkbox"/> Weightlifting</li> <li><input type="checkbox"/> Team Sports</li> <li><input type="checkbox"/> Aerobics</li> <li><input type="checkbox"/> Bicycling</li> <li><input type="checkbox"/> Other</li> </ul> <p>Total Time _____</p>
<p>Date <u>10/3</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jog/Run</li> <li><input type="checkbox"/> Walk</li> <li><input type="checkbox"/> Weightlifting</li> <li><input type="checkbox"/> Team Sports</li> <li><input type="checkbox"/> Aerobics</li> <li><input type="checkbox"/> Bicycling</li> <li><input type="checkbox"/> Other</li> </ul> <p>Total Time _____</p>	<p>Date <u>10/4</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jog/Run</li> <li><input type="checkbox"/> Walk</li> <li><input type="checkbox"/> Weightlifting</li> <li><input type="checkbox"/> Team Sports</li> <li><input type="checkbox"/> Aerobics</li> <li><input type="checkbox"/> Bicycling</li> <li><input type="checkbox"/> Other</li> </ul> <p>Total Time _____</p>	<p>Date <u>10/5</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jog/Run</li> <li><input type="checkbox"/> Walk</li> <li><input type="checkbox"/> Weightlifting</li> <li><input type="checkbox"/> Team Sports</li> <li><input type="checkbox"/> Aerobics</li> <li><input type="checkbox"/> Bicycling</li> <li><input type="checkbox"/> Other</li> </ul> <p>Total Time _____</p>	<p>Date <u>10/6</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jog/Run</li> <li><input type="checkbox"/> Walk</li> <li><input type="checkbox"/> Weightlifting</li> <li><input type="checkbox"/> Team Sports</li> <li><input type="checkbox"/> Aerobics</li> <li><input type="checkbox"/> Bicycling</li> <li><input type="checkbox"/> Other</li> </ul> <p>Total Time _____</p>	<p>Date <u>10/7</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jog/Run</li> <li><input type="checkbox"/> Walk</li> <li><input type="checkbox"/> Weightlifting</li> <li><input type="checkbox"/> Team Sports</li> <li><input type="checkbox"/> Aerobics</li> <li><input type="checkbox"/> Bicycling</li> <li><input type="checkbox"/> Other</li> </ul> <p>Total Time _____</p>
<p>Date <u>10/10</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jog/Run</li> <li><input type="checkbox"/> Walk</li> <li><input type="checkbox"/> Weightlifting</li> <li><input type="checkbox"/> Team Sports</li> <li><input type="checkbox"/> Aerobics</li> <li><input type="checkbox"/> Bicycling</li> <li><input type="checkbox"/> Other</li> </ul> <p>Total Time _____</p>	<p>Date <u>10/11</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jog/Run</li> <li><input type="checkbox"/> Walk</li> <li><input type="checkbox"/> Weightlifting</li> <li><input type="checkbox"/> Team Sports</li> <li><input type="checkbox"/> Aerobics</li> <li><input type="checkbox"/> Bicycling</li> <li><input type="checkbox"/> Other</li> </ul> <p>Total Time _____</p>	<p>Date <u>10/12</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jog/Run</li> <li><input type="checkbox"/> Walk</li> <li><input type="checkbox"/> Weightlifting</li> <li><input type="checkbox"/> Team Sports</li> <li><input type="checkbox"/> Aerobics</li> <li><input type="checkbox"/> Bicycling</li> <li><input type="checkbox"/> Other</li> </ul> <p>Total Time _____</p>	<p>Date <u>10/13</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jog/Run</li> <li><input type="checkbox"/> Walk</li> <li><input type="checkbox"/> Weightlifting</li> <li><input type="checkbox"/> Team Sports</li> <li><input type="checkbox"/> Aerobics</li> <li><input type="checkbox"/> Bicycling</li> <li><input type="checkbox"/> Other</li> </ul> <p>Total Time _____</p>	<p>Date <u>10/14</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jog/Run</li> <li><input type="checkbox"/> Walk</li> <li><input type="checkbox"/> Weightlifting</li> <li><input type="checkbox"/> Team Sports</li> <li><input type="checkbox"/> Aerobics</li> <li><input type="checkbox"/> Bicycling</li> <li><input type="checkbox"/> Other</li> </ul> <p>Total Time _____</p>
<p>Date <u>10/17</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jog/Run</li> <li><input type="checkbox"/> Walk</li> <li><input type="checkbox"/> Weightlifting</li> <li><input type="checkbox"/> Team Sports</li> <li><input type="checkbox"/> Aerobics</li> <li><input type="checkbox"/> Bicycling</li> <li><input type="checkbox"/> Other</li> </ul> <p>Total Time _____</p>	<p>Date <u>10/18</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jog/Run</li> <li><input type="checkbox"/> Walk</li> <li><input type="checkbox"/> Weightlifting</li> <li><input type="checkbox"/> Team Sports</li> <li><input type="checkbox"/> Aerobics</li> <li><input type="checkbox"/> Bicycling</li> <li><input type="checkbox"/> Other</li> </ul> <p>Total Time _____</p>	<p>Date <u>10/19</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jog/Run</li> <li><input type="checkbox"/> Walk</li> <li><input type="checkbox"/> Weightlifting</li> <li><input type="checkbox"/> Team Sports</li> <li><input type="checkbox"/> Aerobics</li> <li><input type="checkbox"/> Bicycling</li> <li><input type="checkbox"/> Other</li> </ul> <p>Total Time _____</p>	<p>Date <u>10/20</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jog/Run</li> <li><input type="checkbox"/> Walk</li> <li><input type="checkbox"/> Weightlifting</li> <li><input type="checkbox"/> Team Sports</li> <li><input type="checkbox"/> Aerobics</li> <li><input type="checkbox"/> Bicycling</li> <li><input type="checkbox"/> Other</li> </ul> <p>Total Time _____</p>	<p>Date <u>10/21</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jog/Run</li> <li><input type="checkbox"/> Walk</li> <li><input type="checkbox"/> Weightlifting</li> <li><input type="checkbox"/> Team Sports</li> <li><input type="checkbox"/> Aerobics</li> <li><input type="checkbox"/> Bicycling</li> <li><input type="checkbox"/> Other</li> </ul> <p>Total Time _____</p>

Reminder: High School requires 40 min/day or 200 min/week

K - 8<sup>th</sup> grade 30 min/day or 150 min/week

DATE YOUR LOG ACCORDING TO MEETING DATE SCHEDULE. Failure to date log results in reduced grade.

For "Other" write what the activity is: swimming, skating, dancing, skiing or any other physical education activity.