

Name:

Period:

Grade:

Activity Log Sheet

Physical Education

Remember: This is your weekly homework for Mondays and Fridays. Your Activity time must be at least 1 hour and you must get a parent or guardian initial each week for credit.

Week _____

Quarter: _____

Date:

_____ Parent Initial

Choose from the list of following Activities and Circle which one(s) you did:

Soccer

Football

Volleyball

Basketball

Walking – Laps/Miles

Jogging

Running

Bicycling

Weightlifting

Lacrosse

Golf (non miniature)

Other: _____

Frequency:

Intensity:

Time:

Type:

Describe your activity:

Was it aerobic or anaerobic? _____