

Complete the chart below each week, remembering to exercise 50 minutes a day three times a week.

- If you have not been physically active, you might have to start out with less time and then work up to the minimum requirement.
- Remember that the 50 minutes includes 10 minutes of warm up and stretching and 10 minutes of cool down that also includes stretching.
- To verify that the activities were completed, a parent or guardian must enter his or her email address on the parent signature line. This must be a valid email address. The teacher may email the parent/guardian at this address at any time.
- This log must be attached to the last question in each unit. Detailed directions for attaching a document are included in the questions section of each unit.
- **Good luck and remember that you are worth it and you CAN do it!**

WEEKLY ACTIVITY LOG

Week # _____	Activities	Number of Minutes / Pedometer Steps
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Student's Name _____

Parent or Guardian E-Mail Address _____

Date _____