Name: _____ Grade: ____ Period # ____ Teacher: _____
LAST, FIRST

Activity Log

Directions: Record your activity. Include the Date of the Activity, Name of Activity, Length of Activity in Minutes or Hour. One Hour of Activity = 5 pts of extra credit.

WRITE IN BLACK OR BLUE INK ONLY

Examples: Record 45 minutes as :45 Record 30 minutes as :30
Record 20 minutes as :20 Record 1 hour as 1:00

*****Maximum of 1 hour of Physical Activity per day*****

******Maximum of 10 points per Grading Period******

All Make-Up Work & Extra Credit Work must be turned in 10 days before the end of the grading period to receive credit on the current grading period.

******* Activity cannot include a sport or team that you are on outside of school. It must be an activity beyond what you already participate in.***

DATE	Description of Activity	TIME SPENT ON THIS ACTIVITY
Example 1-23-18	***Went swimming in the pool***	***:30***

By signing below, I verify that my child participated in the above listed Physical Activities:

Print Parent's Name: _____ Parent's Signature: _____ Date: _____

Parent's Phone # _____

>>>>> INCOMPLETE WORK, ILLEGIBLE WORK, WORK MISING A FIRST NAME, LAST NAME, PERIOD #, GRADE, OR TEACHER'S NAME WILL NOT RECEIVE CREDIT <<<<<