

GREENACRES MIDDLE SCHOOL HEALTH/FITNESS MAKE-UP SHEET

This form is to be used if and when your student is absent from class for the following: illness, appointments, vacation, etc. or any activity that takes the student from participation in our fitness classes. In order to receive participation credit, the following criteria must be met:

1. Perform a minimum of 40-50 minutes of physical activity and/or lifetime sports activity EACH day missed. ***FITNESS DAYS are to be made up in person, by appointment only.**
2. Students have five (5) days from the day they return to school to turn in the completed make-up sheet.

Examples of activities: biking, jogging, power walking, rollerblading, skiing, Karate, dance, swimming, etc. (Please contact instructor if you have any questions)

Student's Name: _____ Parent Signature: _____

Teacher: _____ Class Period _____

Reason for Absence: _____ Date(s) Missed: _____

Day One: Activity performed _____ Date: _____

Time activity: Started _____ Finished _____

Day Two: Activity performed _____ Date: _____

Time activity: Started _____ Finished _____

Day Three: Activity performed _____ Date: _____

Time activity: Started _____ Finished _____

Day Four: Activity performed _____ Date: _____

Time activity: Started _____ Finished _____

Day Five: Activity performed _____ Date: _____

Time activity: Started _____ Finished _____