Name	_
<u>Teacher</u>	
Finished Date	

Physical Education 1 or 2 (Semester 1 or 2) Workout Log

(Circle the Correct class and semester)

Complete your Fitness Log below. Be as detailed as possible in your description of the fitness activities (i.e. Weight lifting at the gym). Students must have 25 hours of activity and all work finished and passed to receive the 5 credits per semester in Physical Education (1 or 2).

Date	Time	Location	Activity	Parent Signature