



# Physical Education Log

Name : \_\_\_\_\_

Grades 1-6 should spend 90 minutes per week in physical activity.

Grades 7-12 should spend 3 hours per week in physical activity.

The teacher acknowledges activities were assigned and completed.

Week 1

Date	Physical Activity	Time spent

Week 2

Date	Physical Activity	Time spent

Week 3

Date	Physical Activity	Time spent

Week 4

Date	Physical Activity	Time spent

Week 5

Date	Physical Activity	Time spent

Teacher's Signature \_\_\_\_\_