Name:



## 1. Healthy Living

## b. Daily Physical Activity Log - All Activities

Fill in the information below and have your <u>adult supervisor</u> sign in the appropriate box. Do not wait until your hours are due for reporting before getting a signature. Remember you are logging all activities including PE and walking.

If you are taking a course in which you are physically active or playing a team sport, it IS acceptable to record the dates at the beginning and end of your course/season as long as you clearly indicate the approximate # of minutes per week for this time period .

Week of da/mo/yr- da/mo/yr	# of Minutes	Description of Activity/Activities	Adult Supervisor's Signature

Week of	# of Minutes	Description of Activity/Activities	Adult Supervisor's
da/mo/yr- da/mo/yr	Williates		Signature

I hereby verify that the above activities were completed by: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Phone # \_\_\_\_\_