



Physical Education



Physical Education Weekly Activity Log

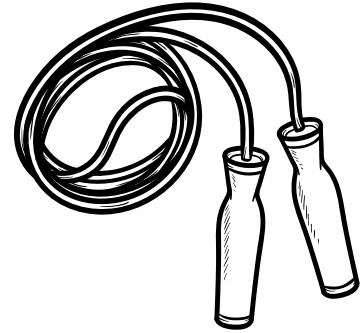
Please provide the requested information below. This will help your teacher.

Student Name: _____

Supervising Adult: _____

Email Address: _____

Phone Number: _____



What is your age: _____

What is your approximate height: _____ and weight: _____

Activity Log # _____

Date	Activity Detail	Time Spent	Total Steps
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

*If using a pedometer



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Answer the following questions:

1. What was your favorite thing about your activities this week?
2. What was your least favorite thing about the activities this week?
3. What can you do to make your physical activities better next week?