**Lifetime Fitness Log Total Tim e**

|  |  |
| --- | --- |
|  |  |

**Hours Minutes**

**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Week Of**: ­­­­\_\_\_\_\_\_\_\_\_\_\_\_ **Period**: \_\_\_\_\_\_ PE#\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| What I  Did |  |  |  |  |  |  |  |
| How Long? |  |  |  |  |  |  |  |
| Intensity  (Easy, Moderate, or Vigorous) |  |  |  |  |  |  |  |
| I Exercised With |  |  |  |  |  |  |  |

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

Parent Signature Date Student Signature Date

**Lifetime Fitness Log**

**Total Time**

|  |  |
| --- | --- |
|  |  |

**Hours Minutes**

**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Week Of**: ­­­­\_\_\_\_\_\_\_\_\_\_\_\_ **Period**: \_\_\_\_\_\_ PE#\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| What I  Did |  |  |  |  |  |  |  |
| How Long? |  |  |  |  |  |  |  |
| Intensity  (Easy, Moderate, or Vigorous) |  |  |  |  |  |  |  |
| I Exercised With |  |  |  |  |  |  |  |

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Parent Signature Date Student Signature Date