

GRADES 5-8 P.E.

WEEKLY EXERCISE LOG: DUE ON \_\_\_\_\_

INSTRUCTIONS: WORKING WITH YOUR PARENTS AT HOME, COMPLETE THE EXERCISE ACTIVITIES AND FILL IN YOUR RESULTS IN THE TABLE BELOW. THROUGHOUT THE WEEK, HAVE YOUR PARENTS TIME YOU 3 TIMES FOR PUSH-UPS AND 3 TIMES FOR SIT-UPS. ALL TIMINGS ARE FOR ONE MINUTE.

	TIMING #1	TIMING #2	TIMING #3
PUSH-UPS			
SIT-UPS			

INSTRUCTIONS: PARTICIPATE IN A MINIMUM OF **90 MINUTES** OF CARDIOVASCULAR EXERCISE DURING THE WEEK. EXAMPLES OF APPROVED ACTIVITIES WOULD INCLUDE, BUT ISN'T LIMITED TO: WALKING/HIKING, BIKING, ROLLER-BLADING, PARTICIPATION IN A COMMUNITY SPORTS PROGRAM, SWIMMING. FILL OUT THE TABLE ACCORDINGLY.

NAME OF ACTIVITY	# OF MINUTES

TOTAL TIME SPENT IN CARDIOVASCULAR EXERCISE: \_\_\_\_\_

PARENT'S SIGNATURE: \_\_\_\_\_