



## Physical Education Activity Log

Before completing this log, please speak with Ms. Miller, Physical Education Department Chair, about expectations. To earn physical education credit, there are state-mandated hours and activities that must be met. Be sure to keep this log accurately and fill it out completely. When you have met your physical education goal as previously discussed, submit this completed log along with the **Petition for Physical Education Credit** to the Physical Education Department for approval.

1500 Minutes (25 hours) = .25 credit  
 3000 Minutes (50 hours) = .5 credit

Date	Name of Trainer or Adult Supervisor	Length of Workout (minutes)	Activity Description	Intensity (light, medium, hard)

<b>Date</b>	<b>Name of Trainer or Adult Supervisor</b>	<b>Length of Workout (minutes)</b>	<b>Activity Description</b>	<b>Intensity (light, medium, hard)</b>

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