



Physical Education Activity Log

Before completing this log, please speak with the Registrar. 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 Coach Byram in the Athletics Department.

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)

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

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

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