Student Name: Grad Year:

Fitness Log – Issaquah High School

Directions: Complete this form to account for 75 hours (0.5 PE Credit) or 150 hours (1.0 PE Credit). Copy additional forms as needed. A coach/instructor is required to verify your recorded activity in order to fulfill the PE requirement. You may only log the number of hours approved by your counselor, through the application prior to starting.

DATE	ACTIVITY	HOURS

Total Hours:

Instructor/Coach Signature:

Date:

Name of Organization/Club:

Coach Phone: **Coach Email:**